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MACULAR Degeneration

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Live Better.... Naturally This Year
Join Natural Triad in the Blue Ridge

Know More-Improve Health-Enhance Wealth
You have asked for more weekend courses for improved natural living. Here is an entire series to be conducted at our Blue Ridge Sanctuary in the High Country.

2006 schedule:

Super Learning/Super Thinking — June 3-4. Clear your memory. Become skilled in Spanish with these techniques. One of our biggest challenges is overcoming pressures of adaptation. Technology accelerates life. The ability to quickly assimilate, process and recall information is vital.

There are numerous little known, but scientifically proven ways to enhance speed, accuracy and efficiency in your decision making process for greater wealth, health and happiness. Three best selling books, Superlearning, the Mozart Effect and Superlearning 2000 have revealed insights on powerful learning systems discovered by the Bulgarian, Dr. Georgi Lozanov.

Merri Scott is licensed to teach the Lozanov system from this Bulgarian master. Learn to think more powerfully! To prove how good you will be, she helps you to become fluent in Spanish during the weekend just as a side benefit.

Build Everlasting Wealth: Spot Contrasts & Trends — July 1-2. Learn currency distortions that create opportunities to borrow Japanese yen at below 2% to redepot in bonds that pay 5%-6%-7% and even more. See how this earned 30% from October 21 to December 8, 2005. Learn what to watch for. Interpret the signals.

Discover why a Merrill Lynch report says Ecuador, Mexican and Russian bonds paying up to 15% per annum are one of the best values around and what to do. Learn about Hyflux, a Singapore firm, that creates water cleaning membranes sold mainly in China and the Middle East. The shares rose from $1.50 to $5 in less than a year. Find out how to cash in on global real estate distortions and buy ocean front lots from $5,000 and less. Plus much more.

Live to Be 100 — August 26-27. A family cemetery on the Natural Triad Blue Ridge Sanctuary shows that the residents lived to ages 86, 91, 95 and 100 at death. One passed at 115, born in 1794 and leaving 1909! Join us to learn the global health secrets of simplicity, purity and rejuvenation that created this longevity plus knowledge gained by the Scotts in their 40 years of research and global travel.

Cooking Secrets From Ancient Healers Revealed — September 23-24. Everyday can be a magical event when you unlock an ancient code that holds secrets about food. Long life, good health and energy come from food that is spiritually and mystically prepared. When the cook becomes an alchemist; eating is magic, dining divine and everyday food medicine.

Learn the spiritual aspects of cooking given to Merri Scott over a 7 year period by the Taita Yatchak (grandfather healer) of the High Andes. Food as Medicine Cooking Course.

Earn Income Globally — October 21-22. Learn seven secrets on how to earn extra profits as you travel and live anywhere in the world. Find ways to add thousands of extra income per month.

Learn how to have an export activity or be in the travel business. Gain ways to write and/or publish for added income or conduct seminars around the world. Discover how to use the Internet to create global income from your home.

Previous course delegates have included business people, doctors, lawyers, retirees, couples wanting to get into business together, insurance agents and marketers who want to enhance their existing business or build a second source of income.

Learn From Experience. These courses are conducted by Natural Triad contributing editors Gary & Merri Scott. Gary was among the first advisors to suggest global investing forty years ago. His newsletters reach over 20,000 in 82 countries. He has appeared on numerous TV and radio shows, was a monthly columnist for the largest magazine for US stockbrokers and managed a multi-million dollar portfolio for one of Austria’s leading international investment banks.

Merri is among the few Americans licensed to teach by the Bulgarian master, Dr. Georgi Lozanov. She operated her own import-direct marketing business for decades plus has lived and studied health and nutrition for two decades with Vaidyas and Yatchaks. Gary and Merri both have over twenty years of experience in global investing, business and health activities and have lived and worked and conducted seminars on every continent.

Low Cost - Easy Schedule.

Our Blue Ridge sanctuary, operated by Gary and Merri, is located deep in the Blue Ridge and has cabins and farm houses to accommodate you. Our low weekend fee of $299 for each course includes 5 healthy meals and 2 nights accommodations. For full details and reservations (space is limited) for any of these courses go to http://isc.slowr.com or call 336-369-4170.
Natural Triad is your guide to a healthier, more balanced life. Our mission is to connect those in the Triad who have broad business, social, environmental and health ideas with other like-minded thinkers.

We will strive to provide insights and information to improve quality of life for our readers. In each issue you will find information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

Cutting-Edge Information
Each month Natural Triad’s advertisers and writers provide the tools you need to assist you on your personal path to well-being. We feature articles by national authors as well as from local leaders in the natural health field. Additionally, we bring you news and events that are happening in our community—and around the globe.

To Place a Listing
If you would like to advertise in Natural Triad or request a media kit please contact us at 336-369-4170 or Email us at advertising@NaturalTriad.com

Email article submissions or News Briefs to: editor@NaturalTriad.com

Email Calendar Events to: calendar@NaturalTriad.com

Email Community Resource Guide listings to: crg@NaturalTriad.com

Deadlines are the 1st of the month prior to publication for all articles, and the 5th for advertising.

EZine
Receive emails twice weekly directing you to new interesting articles and opportunities not found in the magazine. Sign up at NaturalTriad.com

Natural Triad is printed on recycled newsprint with soy based ink.
Visit NaturalTriad.com/freereports.html to obtain the following FREE Reports:

What to Do About the Flu - Lengthy report on ways to protect against it
Relax While You Learn - Gain health benefits while you relax and learn
Inspired to Retire - How to Diversify Globally
Soup Recipe by Paulette Mitchell
Solutions for Women with Stress - learn more about how to handle the stresses in your life
How to Make Money Even When You Don't Want To - learn how to find good investments in the Blue Ridge
Hoodia - An ancient African Weight control secret
Detoxification - Learn about the Detoxlite Program and its benefits
Light and Infrared Therapy - Learn how LEDs (light emitting diodes) can heal wounds, burns and more.
The Meaning of Life—Learn more from a yellow duck
Get Fit—7 simple ways you can be more fit in just a few minutes a day
Holiday Recipes—Taste great yet promote weight loss, increase energy and enhance good health
The 3 Season Diet—Learn to eat healthy for your ayurvedic body type
Key Muscles—Learn about key ring muscles and how learning to chew differently can help you lose weight
Happy new year to all of our readers and advertisers! 2005 proved to be a wonderful year for Natural Triad. We experienced great growth, having expanded to 22,000 copies per month distributed to over 550 Triad locations. We thank our readers, distributors and advertisers for this and hope that many of you have learned something new about health or met some of our community’s many wonderful leaders in the field of natural health.

We have many plans to expand with this new year, including our Suitcase Series, which is an offering of several weekend courses to be held at our sanctuary in the NC mountains (see details on page 3). We will be very visible in the community with other events—small and large—to give you the opportunity to learn even more from our local health-care providers.

2005 went out with a wonderful experience - a much needed (though too short) vacation. We went to Italy with a local group of people. While there we befriended a wonderful woman from Charlotte, named Doris.

While full of life and vigor, Doris recently had hip surgery, making all of the walking we did cause her some pain. Matt decided to rent a wheelchair for her, and spent several days as her personal escort in Rome and Assisi. While visiting St. Peter’s, a guard spotted Matt pushing Doris, and whisked them off and away from the group. The next thing we knew, we looked up at the Pope’s platform and there sat the two of them!

The Pope gratiously met them both, shook their hands and gave us a great memory.

Wishing you health, happiness and great memories.

Julie Miluncic

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Free Consultations; Winston-Salem hours on Fridays
Exciting Changes at Elements Day Spa of Kernersville

Having new owners is not the only thing going on at Elements Day Spa. Marc and Tammy Zucker who moved to Kernersville from New York a year ago are making some great changes: they have added a beautiful boutique and gift shop. You can get the highest quality in fashion eye wear for both prescription and non-prescription needs. Designers such as: Christian Dior, Dolce & Gabbana, Kate Spade, Gucci, Versace, and many others. You will also find handmade jewelry by N.C. designers, handwoven scarves, capes, blown glass, purses, and other unique items that are great for giving as gifts but even better to keep for yourself.

You can expect the same quality service that Elements has always provided but they now a lot more to offer. Besides the Optical & Boutique, they are now carrying great product lines such as Jane Iredale mineral cosmetics, Eminence Handmade Organic Skin Care of Hungary and Bumble & bumble hair products.

Elements is also developing new and exciting packages for each of the upcoming holidays.

Elements is located at 126-F Main Street in Kernersville, NC. 336-992-2772. See ad on page 13.

Digital Pulsewave Analyzer (DPA) Available in the Triad

The DPA provides information on arterial wall stiffness and determines the biological age of arteries in less than 3 minutes. This FDA approved, user-friendly, non-invasive device uses a finger probe to observe the changes in pressure, blood flow, velocity and profile throughout the whole pulse wave.

In summary the DPA provides:
• Early detection of arterial wall stiffness
• Biological age of arteries
• Information regarding efficacy of treatment choices
• A tool to monitor the arterial wall response to lifestyle changes / reduction of cardiovascular risk factors

It is now known that the health of the endothelium and the blood vessels directly affects overall cardiovascular health. Cardiovascular disease kills 500,000 Americans every year in the form of heart attack and stroke. Over 60,800,000 Americans have one or more conditions that put them at risk for heart attack and stroke.

To be tested, or for more information contact Funding America, Inc., 1721 S. Fayetteville St., Asheboro, NC 27205 or call 866-683-5253, 336-302-6074, or go to www.fundingamericanow.com/1004 and look under DPA information. See ad on page 19.

Yoga Gallery Announces Celebration of Self Anusara Yoga Workshop

Mark Stevens, a senior Anusara Yoga teacher, will conduct a yoga workshop, A Celebration of Self, beginning with a 2 hour All Levels Anusara class on Friday, January 13, at 6:00 pm. On Saturday, January 14, we will engage in discussing the great yogic teaching The Ramayana as it has evolved into the Tantric expression of yoga. Asana, pranayama and meditation will empower us to deepen our practice of moving deeper into the flow of Grace. Those who are new to Anusara Yoga will explore a new way to see the ever unfolding presence of Grace.

Following a discussion of philosophy, the morning asana class will focus on backbends and standing poses emphasizing our understanding of the teachings that are tested in our practice so we can bring them into every day life. The afternoon will continue with forward bends, pranayama and meditation.

For information concerning this workshop, please go to www.yogagallery.net. The Yoga Gallery, 633 N. Trade St., Winston-Salem. 336-725-4119. See ad on page 26.
Center for Mind-Body Medicine Announces Additions to Staff

We are pleased to announce new additions to our staff at Center for Mind-Body Medicine as Dr. Mitchell J. Bloom has left the practice to assume his medical career in New Zealand. We will miss him, and wish him much success in his new endeavors.

Alecia Blake, MD who completed her medical school training at Morehouse School of Medicine in Atlanta, Georgia. She was an anesthesiology resident at Duke University when she developed Hodgkin’s Disease. She elected to go the route of alternative medicine for treatment and thankfully her disease is in remission. This experience stimulated her to make this the primary focus of her medical practice.

Dr. Ning Li received her medical doctorate in Oriental Medicine in 1990 from Changchun College of Traditional Chinese Medicine. She specializes in pain management, weight loss, depression, and gynecology using these techniques as well as Chinese herbal medicines.

Charlie Abbott earned his Master’s of Oriental Medicine from the International Institute of Chinese Medicine in Sante Fe, NM. He is also nationally Certified in Acupuncture and Chinese Herbal Medicine. He practices the Body Talk System which focuses on reconnecting the bodies lymphatics, organs, and endocrine systems to help those areas to restore physical, emotional, and mental health.

Kim Cartwright is a licensed massage and bodywork therapist specializing in deep tissue massage and hot stone massage. Karen Garcia is also a licensed massage and bodywork therapist, and is certified in pre and perinatal massage, deep tissue, and Swedish massage. She also performs the body wrap treatment for weight reduction.

The Center for Mind-Body Medicine is located at 6518 Bryan Blvd., Suite 100 in Greensboro. 336-605-7077. For more information, visit www.medicine.com. See ad on page 18.

World Hypnotism Day

Polly Humphreys, Certified Hypnotist and member of the National Guild of Hypnotist (world’s largest and oldest hypnotist organization) announces World Hypnotism Day is January 4th, 2005. This special day was launched on 2005 by NGH professionals to create greater global awareness of hypnosis, its value and how it can successfully turn lives around.

Even if you are just curious about hypnosis, what hypnosis is like or how it can help you make wonderful, desired permanent changes in your life – you can receive this information free. Whether you are looking to find out how to enhance your sport performance, rid fears or learn how to change an unwanted behavior, etc. - your questions will happily be answered by a professional hypnotist.

For further information, contact Polly Humphreys, Certified Hypnotist @ Alternative Wellness & Beyond. Call 336-988-5750 for this free education.
Yoga for Athletes

Sunrise Yoga will host a Yoga for Athletes workshop on Friday, January 20 from 6 – 8 PM for participants of all types of sports—from competitive athletes to weekend warriors. This event will help you improve athletic performance, stay injury free, increase your flexibility, and improve your concentration. It is designed for anyone physically active who wants to learn the benefits of yoga ... no prior yoga experience required.

The workshop will be taught by Sandra Wells, RYT, a yoga teacher of 3 years. Sandra is a former triathlete, marathoner, and competitive cyclist who still enjoys running and cycling. As such, she found that yoga brought balance to her body as well as her mind.

Call 336-778-1233 or visit www.SunriseYoga.net to register. See ad on page 34.

Indigo Answers of Greensboro announces the graduation of seven new Reiki Masters. Angela Thavone, Joyce Gordon, and Debra Anderson all of High Point, Shannon Glosson, Becca Nau, & Sheila Brennan of Greensboro, and Roxanne Poole of Landis. A formal private initiation ceremony will be held at Odinstone Labyrinth in Oak Ridge NC.

Reiki Masters practice the technique and art of energy healing (or touch healing), which was founded Japan in the early 20th century by Dr. Mikao Usui. This non-invasive and gentle technique is often used for pain-relief, relaxation, massage therapy, complementary to all modern medicine as found in cancer hospitals, hospices, and more. Reiki uses the same energies and principles as tai chi, yoga, acupuncture and martial arts practices.


“Indigo Evolution” Premiering January 27-29!

This 80-minute documentary attempts to answer the question - Are these ‘Indigo Children’ the fanciful notions of a few individuals embracing new-age, metaphysical beliefs, or is there real evidence that they truly do exist? Interviews with some of the most profound children and discussions with authorities in the fields of medicine, psychology, education, philosophy, and religion including The Hopi Nation Elders, who requested being interviewed for this documentary and it was done.

This is an unprecedented event! Their secrets about the “New Children” and their roles in this world have been hidden for thousands of years. Learn more about the movie at the website www.theindigoevolution.com. Also, this documentary subject is featured in several media such as USA TODAY, CNN, and ABC News.

“Indigo Evolution” premieres on January 27, 28, & 29 at 6:05pm each date at the Greensboro Ballroom hosted by LEWA. Featuring a free tradeshow 4-6pm on Jan 28 too. All tickets $10 each, LEWA members $5. Tickets available at-the-door, online at www.networkthebright.net, or by mail or phone 336-314-0503. See ad on page 27.

Earth Fare Hosts Tea and Citrus Festival

It may be chilly outside, but you can warm up at Earth Fare’s 2nd Annual Tea & Citrus Festival, January 20, 21 & 22.

Don’t know the difference between an Oolong and Rooibos tea? How about a Samsuta and a Pumelo fruit? Earth Fare provides free tasting and sampling all weekend from 11 am-6 pm and will feature teas by Numi Teas including their artisan, hand-sown “Flowering Teas”. Exotic citrus will also be sampled to help warm your body and spirit.

For a full calendar of events for the weekend, visit www.earthfare.com “News & Events”, “Greensboro”. Earth Fare, 2965 Battleground Ave, Greensboro, NC 336-369-0190. See ad on page 30.

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“Doctors do not cure disease…their clients or patients do.”

“The most powerful medicines or poisons are our everyday choices of stress, nutrition, sleep and exercise.”

“There is no drug, supplement, gadget or special juice that can replace smart living…and loving relationships.”

Simple yet potent philosophy from the Teta Brothers, who have longed to be physicians since boyhood.

Jade: “I can remember never wanting to be anything else except maybe a fighter pilot for about two weeks after the movie Top Gun.”

Today, these thirty-something physicians dedicate their lives to “assisting people in improving their lives and in helping them reach their wellness goals. Patients always have the power to heal if they are willing to see the truth, believe in the power of the body to heal, and make the changes necessary.”

Such convictions may surprise you coming from such young physicians. Radiating youth and fitness, brothers Drs. Jade and Keoni Teta are the change they wish to see in the world. It is in Reynolda Village in Winston-Salem, at the Naturopathic Health Clinic of North Carolina, where they practice together with a focus on “lifestyle medicine.”

“We address what we believe are the true causes of disease and that is poor lifestyle in terms of diet, exercise, sleep and toxic relationships.”

“What a client will get from us is real answers to their health concerns that we do not substitute herbs and supplements for.”

But don’t mistake this dynamic Doctor Duo for anti-drug practitioners. With a specialty in comprehensive medicine, they “view all medicine on continuum or therapeutic order…believing that drugs and surgery do have a place and should be a tool, if warranted, in any holistic program.”

The Tetas’ viewpoint, savvy, and skill are all backed by extensive education. Keoni earned a Bachelor of Science degree in both Biochemistry and Chemical Engineering from NC State University, a Master’s Degree in Environmental Engineering from North Carolina A&T, a Doctorate in Naturopathic Medicine and a Master’s in Acupuncture at Bastyr University in Seattle.

He is a licensed board-certified primary care physician in the State of Washington and a licensed acupuncturist in North Carolina. As a Naturopathic Physician and acupuncturist, Keoni has been practicing for 2 years. His skills also include that of certified personal trainer with more than 15 years of professional experience. “It feeds my soul and gives me purpose.”

Jade’s educational background and credentials closely match those of his brother’s, minus the acupuncture. Jade, too, is a board certified licensed family physician in Washington State. He, too, has been practicing as a naturopathic doctor for 2 years. He has been a personal trainer and conditioning coach for 11, having worked with everyone from professional athletes to stay at home moms.

“I am motivated by others. Everyday I see people under extraordinary circum-

Jade Teta  
ND, LAc, CSCS  
Keoni Teta  
ND, CSCS
stances carrying burdens with honor, integrity and strength. I am inspired by the people who seek my help...it inspires me to be a better person and I know I am because of the clients who touch me.”

Through the degrees and disciplines, the Teta’s have learned a lot. One point they choose to emphasize is that “clients need to realize they are ultimately responsible for their health and healthcare;” again, stressing, “there is no drug, supplement, gadget or special juice that can replace smart living, loving relationships, proper nutrition and exercise,” and adding, “people need to realize that the tenants of health have not changed since the beginning of time.”

Had they not become doctors, Keoni says he would have been a veterinarian, carpenter, Jedi and/or superhero. Jade says he would simply be a personal trainer, which he already is.

On the social side, both men are single, although Keoni has a serious girlfriend.

Hobbies for both center around a strong love for the outdoors, fitness, family and medicine. It’s in their blood. Their grandfather was a physician and a great great grandmother was a natural healer in Hawaii. Jade’s friends label him a “nerdy jock”. Keoni has lived with the same pet snake since age seven, loves dark chocolate and his father’s tomato sauce.

What sets Drs. Keoni and Jade’s practice apart from others is a personalized plan.

“We do not practice cookbook medicine, but instead develop treatment plans that are 100% tailored and individualized to the client. 10 clients with diabetes will get 10 different programs. We believe this is the only way to practice medicine and the only way to get results”.

As part of effective doctoring, Jade sees himself as a coach. “I think what people need is someone they can call, send an e-mail to, or talk to about their life and concerns. Often times this goes beyond immediate health concerns and extends into other areas of people’s lives. I make myself accessible to people so they feel they have a support system when their life gets hectic, or they need clarification on a health issue, or just someone to talk to.”

Speaking from the hearts and minds of doctors, this dynamic duo wraps up their ideology with this:

“It is our choices, not our genes, that determine our health. That we are each responsible for our health, and that it is this endeavor that is the most important task we face in the journey of life. When we master the art of creation for ourselves only then can we help the world. In that way our choices are not solely our own, but impact the universal collective in a way that heals us all.”

Drs. Jade and Keoni Teta believe we create our own reality and “hope to be a part of people’s journey as they discover their power and reclaim their lives and health.”


Interviewed & Written by MayCay Beeler

MASSAGE THERAPY

The Professional Massage Therapy Program at GTCC’s High Point Campus offers:

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Biotone Lotion is now available at the GTCC Bookstore located on the High Point campus.
Contact Kathy or Terry at (336) 454-1126, ext. 4110 (High Point)
(336) 334-4822, ext. 4110 (Greensboro)
As each of us starts our journey to a place of healing, we can identify a starting point—either disease or circumstance when the call to our individual adventure occurred. We undertake this journey either to recover what has been lost (our health), or to discover the remedy. It is akin to a quest, a search in a metaphorical sense, for our individual holy grail (our place of healing).

Oftentimes we are confronted with challenges or experiences that evoke fear, but as we proceed we garner the courage needed for this journey, and move slowly and inevitably toward a goal that is for us our own place of healing. There are many bridges to be crossed, trials and tribulations to be experienced, all of which in their own way are presented to us, so that we can express the love that we are. Disease in its deepest sense is a separation on some level from the love that we are. So we have to follow our heart, realizing that we consciously choose ‘To Be’, and have faith that the gold that we seek is there.

Optimizing your health through nutrition and exercise is becoming increasingly recognized as being important. We have all heard the adage, “you are what you eat”, and when it comes to ones health and well-being, nothing could be closer to the truth! Therefore, we have evolved a nutrition and exercise program that:

- promotes wholesome, non-processed foods
- emphasizes adequate exercise
- can be individualized
- is sustainable and intimately related to healthy living.

Starting with exercise, regular physical activity is recommended at a level that promotes healthy weight and well-being. Exercise prescriptions will depend on each patient and may comprise any one of three components:

1. **Aerobic exercise**—generally considered low impact and low resistance – typically walking, running, cycling, swimming etc;
2. **Anaerobic exercise**—intermittent, high resistance – weight training;
3. **Stretching**—such as Yoga or Qigong/Tai Chi.

Most patients are encouraged to include a component of aerobic exercise and stretching, as their schedule allows, 3-4 times a week. Prior to starting a stretching program, orientation with an instructor who is well versed in the particular discipline is recommended.

January is National Eyecare Month, so I would like to discuss macular degeneration. Age related macular degeneration (AMD) is the most common cause of vision loss in the United States in those 50 or older, and its prevalence increases with age. AMD is classified as either wet (neovascular) or dry (non-neovascular). About 10% of patients who suffer from macular degeneration have wet AMD. This type occurs when new vessels form to improve the blood supply to oxygen-deprived retinal tissue. However, the new vessels are very delicate and break easily, causing bleeding and damage to surrounding tissue. AMD is caused by hardening of the arteries that nourish the retina. This depletes the sensitive retinal tissue of oxygen and nutrients that it needs to function and thrive. As a result, the central vision deteriorates.

Several recent studies have indicated a strong link between nutrition and the development of macular degeneration. The Age-Related Eye Disease Study (AREDS)—sponsored by the Federal government’s National Eye Institute—has found that taking high levels of antioxidants and zinc can reduce the risk of developing advanced age-related macular degeneration (AMD) by about 25 percent.

The specific daily amounts of antioxidants and zinc used by the study researchers were 500 milligrams of vitamin C; 400 International Units of vitamin E; 15 milligrams of beta-carotene (often labeled as equivalent to 25,000 International Units of vitamin A); 80 milligrams of zinc as zinc oxide; and two milligrams of copper as cupric oxide. In the LAST (Lutein Antioxidant Supplementation Trial) study, 90 AMD patients were supplemented daily with a capsule containing 10 mg of lutein, plus a mixed antioxidant formula, or placebo for 12 months. We use a protocol that centers on intensive nutraceutical support, and various modalities to increase retinal circulation.

Alexander T. Augoustides, MD practices Integrative Medicine in Winston Salem, N.C., at Piedmont Integrative Medicine, P.A. To schedule an appointment please call 336-760-0240. See ad on page 35.

Please email us with health/medical topics you would like to see covered in this column at: bridges@naturaltriad.com

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January 2006
In the 21st century, an ever-growing number of men and women (and an astonishing number of children) have found themselves confronting weight problems, and as soon as the midnight hour rushes in a New Year, the emphasis on New Year’s Resolutions often focuses on loosing weight (with many hoping to lose the added pounds which crept in during the holidays).

There are more obese people in many countries around the world at this point in time than at any other point in history. As a result, a significant number of people find themselves on the hunt for a miracle program through which they can lose weight with little effort. Each year, people spend more than $40 billion on products designed to help them slim down. None of them seem to be working very well to get and keep undesirable weight off. As a matter of fact, herbal medicine has a far less effective track record when it comes to weight control. Only one herb—Ephedra—is believed to directly promote fat burning, but in December of 2003 FDA issued a consumer alert on the safety of dietary supplements containing ephedra and advised consumers to immediately stop buying and using ephedra products. Ephedra, also called Ma huang, is a naturally occurring substance derived from plants. Its principal active ingredient is ephedrine, which when chemically synthesized, is regulated as a drug.

Although it is unrealistic, most people are seeking supplements that perform like miracle pills. Diuretics and laxatives can cause temporary weight loss by causing the body to shed water. But as soon as the body is re-hydrated, the weight returns. Meaningful weight loss requires loss of body fat—one must eat less and exercise more.

The two basic factors in weight control are caloric intake and energy expenditure. First, however, if you are interested in initiating any sort of diet program, you should consult with your doctor who can assist in determining what sort of diet plan will best serve your needs promote your own good health.

When all is said and done, there is no such product as a miracle pill. Indeed, when it comes to seeking and effective and beneficial diet supplement, you must be very circumspect of products that make outlandish claims.

Of course, there are some diet supplements that can aid in helping a person lose weight fast. However, fast weight loss is not always the best course. In fact, more often than not, fast weight loss is detrimental, not only to a person’s health, but to his or her overall dieting program. While a person might be pleased with fast weight loss, studies demonstrate and prove that in most cases when a person undertakes a fast weight loss, the lost weight normally does not stay off for the long term. Over-the-counter diet pills with ‘Natural’, ‘Herbal’ or similar descriptions are not necessarily any healthier than other diet or weight loss pills. In fact, some of these herbal diet pills are associated with some major health concerns. So don’t trust diet pills just because they sound ‘natural.

There is one particular aspect of your weight you can control to some extent by supplementing with herbs, and that is water weight. Let’s say you weigh 150 pounds. About ninety of those pounds are water; thirty are fat. The rest is lean tissue—muscles, organs, and bones. So normally, most of your body weight is water.

But, sometimes you may retain water. Disheartening and uncomfortable, periodic bouts of water retention, medically known as edema, may be the result of any number of factors: excess sodium in the diet, food allergies, premenstrual changes, hormone imbalances, a hot climate, and kidney or heart disease. If you’re chronically plagued by edema, have it checked out by your doctor. You can lose some of that fluid by taking a prescription “water pill” (diuretic) or by forcing yourself to sweat in a sauna or steam bath. Neither is a good idea, though, because they can lead to life-threatening dehydration and mineral imbalances.

Some herbs, however, may offer a gentler solution. Most of the herbs promoted for weight loss are diuretics—agents that cause the kidneys to draw extra water from the blood into the urine and stimulate the excretion of water. This action promotes temporary water loss. There’s certainly nothing wrong with regulating water weight by using herbs, as long as you use them on a short-term basis and with the full knowledge of your physician. In most cases, herbal diuret-
ics are safer than their prescription counterparts. But long-term use of either can flush vital nutrients from the body and cause irreparable harm.

Other weight-loss herbs are really nothing more than laxatives, which also force water from the body. It’s much healthier to follow a high-fiber diet and drink plenty of pure water daily than to rely on laxatives for elimination. Prolonged use of laxatives and diuretics, even natural ones, can lead to dependence and serious health problems.

What is Hoodia?

If you haven’t heard of Hoodia yet, you soon will because it is being touted as the new miracle supplement for safe, effective weight loss. Hoodia gordoni, (Hoodia) is the botanical name for a cactus like plant that grows in Southern Africa. Scientists have recently isolated several compounds in this amazing plant that are responsible for dramatic weight loss. This all-natural appetite suppressant is also being applauded for containing no dangerous stimulants that caused adverse side effects associated with weight loss products of the last decade.

It basically tricks the brain into thinking that you’re full. The chemical constituents in Hoodia work within the satiety center by releasing a chemical compound similar to glucose, but much stronger. The hypothalamus in the brain receives this signal as an indication that enough food has been consumed and this in turn stunts the appetite.

Real South African Hoodia is RARE and EXPENSIVE. It takes approximately 5 to 7 years for the Hoodia gordoniii succulent to mature and provide appetite suppressant qualities. The African government has limited the amount of Hoodia it exports and the number of suppliers to receive it in the USA. Because of the growing awareness and popularity of this miracle herb, rip-off products that contain very little or no authentic Hoodia in them are beginning to flood the marketplace. Pure Hoodia sells for over $100 per pound and many manufacturers recommend a dosage of two tablets taken at intervals of 2-3 times each day.

3. Exercise

Regular physical activity not only burns calories, it also helps to speed up metabolic rate, which means we burn calories faster even when we stop exercising. Regular workouts help to actually reduce our appetite. Bottom line: keeping fit is a very effective way to maintain a healthy weight.

4. Lifestyle and Eating

This is the difficult bit! After all, it’s easy to start a weight loss diet, but persevering with it is what counts. For example, if you overeat because of boredom, simply reducing your calorie intake is not likely to work. The instant you feel bored, chances are you’ll break your diet. Instead, you need to tackle the cause of your overeating (the boredom), not the symptom (the candy bar/ice-cream).

For healthy sustained weight loss, choose a diet that follows the Food Pyramid Guidelines and offers diet support, exercise advice and weight loss motivation. Remember, permanent healthy weight loss does not appear magically!

For more information, contact Wendy Evensen at Sadie’s Herbal Garden, located at 8406 Hwy 158 (Main Street) in Stokesdale, NC. 336-644-SOAP, or visit www.sadiesherbalgarden.com. See ad on page 42.

A Diet For Healthy Weight

If you want to create a diet-plan for optimum nutrition and weight control, pay attention to these four elements.

1. Calorie Control

An adult person burns about 2500 calories daily. To MAINTAIN your weight, calculate your calorie needs and use the resulting figure as a guide to how much you can eat. To LOSE weight, reduce your daily calorie needs by 500 calories per day. This should allow you to lose 1 pound per week. Alternatively you may choose to increase your calorie expenditure by taking more physical exercise.

2. Nutrition

Make sure you are getting enough vitamins and minerals in your diet from nutrient-dense foods like fruits, vegetables, lean meats, oily fish, oats, beans, nuts and seeds, and avoid wasting your daily calorie allowance on “empty-calorie-foods” (which contain calories but no nutrition), like regular sodas, alcohol, sweets and candy.

For more information, contact Wendy Evensen at Sadie’s Herbal Garden, located at 8406 Hwy 158 (Main Street) in Stokesdale, NC. 336-644-SOAP, or visit www.sadiesherbalgarden.com. See ad on page 42.
Diabetics may include moderate amounts of “simple sugars” in a balanced diet.

The Academy of General Dentistry has reported the anti-cavity causing effects of honey. Volunteers were given less than a quarter ounce of honey and asked to swish it in their mouths for 4 minutes and then swallow. Volunteers’ saliva samples were taken before and after they received the honey. The researchers found that despite the fact that honey contains about 70 percent sugar, honey taken in higher concentrations had an anti-cavity causing effect. Ten minutes after the volunteers had swallowed the honey, a 70 percent reduction in total cavity-causing bacteria counts was found.

You may want to consider honey as a marinade for meat. Honey promotes browning and glaze formation while reducing the production of cancer-causing compounds during grilling and frying. One type of carcinogen, called heterocyclic aromatic amine (HAA), is formed when a high cooking temperature causes meat to char or blacken. Researchers at Michigan State University demonstrated that when meats are covered in marinades consisting of 30 percent honey for four hours, the formation of HAA is significantly reduced by the antioxidants in honey.

Honey contains 21 calories per teaspoon compared to sugar, which contains 15. Because of its high fructose content, honey has a higher sweetening power than sugar, meaning less honey may be used to achieve the desired sweetness. Honey has the ability to absorb and retain moisture which prevents baked goods from drying out while adding a golden brown glaze. Honey adds a sweet and distinctive flavor to recipes. When baking with honey, remember the following:

- Add 1/2 teaspoon baking soda for each cup of honey used.
- Lower oven temperature by 25°F to prevent over-browning.
- A 12-ounce jar of honey equals a standard measuring cup.
- When measuring honey, coat the measuring cup with non-stick cooking spray or vegetable oil before adding the honey. The honey will slide right out.

Be creative! Use as a sweetener in beverages such as tea and coffee or add to milk for extra zest. A glass of water, a teaspoon of honey, and a little lemon make a great thirst quencher and provide both a quick burst of energy and endurance. Honey is great on toast and bagels or added to sliced fruit. And don’t forget the honey-lover’s favorite: eat it from a spoon, straight from the jar! Replacing plain sugar with nutrient-rich honey whenever you can contributes to your overall good health.

Repairing Joints Without Surgery

There are many people with swollen, painful, arthritic joints who mistakenly think that surgery, cortisone shots, or NSAIDs (ibuprofen-Motrin, Naprosen, Aleve) are their only alternatives. There are, however, therapeutically tested, much more effective alternatives available today.

Surgery rarely, if ever, does anything to regenerate the joints, and the inflammation and scar tissue can impede the body’s healing process. The only benefit of arthroscopic knee surgery is to remove loose cartilage, but it has no improved healing benefits. Even the New England Journal of Medicine acknowledged this. Back surgery has a very poor prognosis, except when a laminectomy is necessary for stabilization in extreme traumas. Joint replacement is only necessary when everything (joint, blood supply) has deteriorated so there is no other option. In most cases there are other effective options.

It is essential when repairing a joint to get the inflammation down as quickly as possible, because chronic inflammation will destroy cartilage and connective tissue. This can be done effectively using a combination of high concentration plant extracts, which have been scientifically studied and proven effective to reduce inflammation. These studies are worldwide (Asia, Europe, US); many are published in independent journals of clinical pharmacology, biochemistry, cell biology, etc., and can be accessed from the Library of Congress Medical Publications. Baicalin, curcumin, and oleandic acid are three of many powerful anti-inflammatory molecules, scientifically researched and proven effective.

Another effective treatment for reducing inflammation is called Gerovital, a buffered procaine solution that was initially used in Eastern Europe about 40 years ago. Acupuncture and electroacupuncture have been shown to reduce inflammation and promote joint healing. It seems to activate energy flows or fields that stimulate the body’s innate healing capacity. Both these treatments reduce pain and stimulate micro-circulation, improving healing time. There are proven therapies to restore proper Micro-circulation (blood supply) to the joints and tissues.

The use of RNA (Ribonucleic acid) has been used in Europe for about 40 years. Developed by cell biologist, Dr. Dykoff of Germany, it is known that RNA stimulates protein synthesis. Subsequent research showed that these RNA therapies can speed up tissue repair and regeneration (ie. cartilage, tendon-ligament, connective tissue, intervertebral discs, etc.) by up to 100% or more. This is another form or regenerative medicine, not as widely known as stem cell research.

When it comes to rheumatoid arthritis, which is a chronic condition caused by auto-antibodies—usually autoreactive T-cells—that attack the body’s joints (synovial tissue). Again, there are plant extracts that are effective in reversing the over-reactivity of these auto-antibodies, so they don’t attack ones own body. By reversing the inflammation, one can reverse the joint destruction.

We have an epidemic of inflammatory problems in this country stemming from bad diet to preservatives and toxins in our food, cosmetics, and environment. We need to be aware of these pervasive problems and seek to protect ourselves, our children, and our families. For example, a diet too high in processed sugar, excess meat, omega 6&9 and hydrogenated oils, and processed foods can lead to tissue acidity and inflammation in one’s arteries (cardiovascular disease), as well as joint inflammation.

Finally, it is essential that people know their options and effective alternatives to heal and repair arthritis and joint disease, because many in the medical field are not aware of the science and research or the clinical benefit of these therapies.

Neil Cooper DOM, is a practitioner of European Biological Medicine & Oriental Medicine with over 35 years clinical experience combining scientific research and applied clinical practice. He can be reached at the East-West Clinic in Kernersville 336-794-4080. See ad on page 36.
I first experienced the symptoms of chronic fatigue approximately eight years ago when I began feeling very tired after finishing a day's work. I am an “A” type personality or at least I was at the time. For me a normal day could last twelve or more hours. I had always worked this way with little problem and had been able to bounce back rather quickly. But as the weeks and months stretched on I found myself with less and less energy. In fact, I felt each morning as if I had never been to bed. It became harder and harder to sustain my schedule so I backed off some to see if that would help. It didn’t. Then a prostate infection really took its toll and I was at home several weeks, but found little success with the antibiotics, treatment, or rest. I returned to work somewhat better, but nowhere near my usual self. I constantly pushed to keep up the pace and found that I was susceptible to one viral or bacterial infection or another. Consequently, I began to have to stay home from work just to try and maintain my health. I had always considered myself in good physical condition for a man in his late forties. But my work out schedule began to tax my strength and stamina. In addition, my muscles and joints began to hurt even with the slightest touch. The pain and sensitivity continued to escalate to the point that I stopped working. I was frightened. I had never faced anything like this in my life. My older sister had been diagnosed several years earlier with Chronic Fatigue Syndrome and I was experiencing some of the same symptoms, but I was under the impression that chronic fatigue was a “woman’s” syndrome.

My family doctor told me he didn’t believe in chronic fatigue syndrome and all I needed was to take a two-week vacation. My wife and I went to my urologist to see if this was related to the prostate problems. It wasn’t so he recommended we see a rheumatologist. It was at this appointment, after months of illness, I was officially diagnosed with chronic fatigue and fibromyalgia. The doctor suggested that I see him every six months, but there was virtually nothing he could do but give me prednisone and pain medication. He referred me to a rheumatologist in Chapel Hill who was conducting a research program for chronic fatigue and fibromyalgia. I joined this group for a few months with some positive results until I built up an immunity to the drug. At that point the doctor gave up on my case. Where to go from here?
Thanks to the undying devotion of my wife we sought out alternative treatments including intravenous infusions of mega vitamins to rebuild my body. We tried acupuncture and physical therapy. We sought out clinics in Michigan, New Jersey, and New York. We finally found Dr. Majid Ali. His approach combines alternative and traditional medicine. By the time I met Dr. Ali I was in very serious condition, almost life threatening. His prescription dealt with life changing choices such as diet, rest, vitamins, supplements, and colon hydrotherapy to clean the body of toxins.

I was totally bedridden, suffering debilitating pain, extreme exhaustion, severe constipation and adrenal stress. I was on 17 different prescription medications for pain, depression, anxiety, insomnia. Since colon cleansing cleans and detoxifies the bowel, helps the liver and the body rid itself of toxins and impurities, I finally decided to try colon hydrotherapy as a viable method of treatment. I had followed many of Dr. Ali’s recommendations but not that one.

I wasn’t sure what to expect on that first visit but soon found out I had nothing to fear. A good colon hydrotherapist creates a warm and friendly atmosphere. They are extremely gentle and very attuned to any needs of the client. My therapist made sure that I understood the process and experienced nothing uncomfortable. I even brought my own music to listen to during the session. I guess the most I can say is you’re treated with respect and dignity always!

I was very sick, but from the first visit I began to feel a difference. For months I went twice a week and suffered withdrawal from all the toxins built up in my body. Gradually, I regained my strength and much of my vitality. After a year, I have been able to reduce my visits to once a month and I am a different person. I have gotten off most of my prescribed medications and basically maintain my health through proper diet and supplements. Yes, I still have chronic fatigue and fibromyalgia, but it is very much under control. I plan to keep it that way.

This article was sent anonymously by a client of Innerlight Institute, 1386-D Westgate Center Dr. in Winston-Salem. 336-659-9620. See ad on page 33.
Water pollution offers incredible opportunity. This is a sad fact—one more sign of humanity’s short sighted thinking when it comes to growth, lifestyles and industrialization.

But unfortunately this opportunity does exist and financial support in this arena is vital for mankind. This is a sector where investment opportunity and the survival of society as we know it come together.

We looked at the potential of investing in water in a back issue of Natural Triad when we reviewed the potential of investing in shares of a water treatment company called Hyflux, a Singapore based business that specializes in water filtration membranes. There are other water filtration businesses that deserve our attention such as Pall Corporation.

There are numerous reasons why these businesses offer excellent potential both for investors and humanity.

Water covers 70% of the Earth’s surface and is a natural resource that we dare not deplete. Without water, life cannot exist. Without clean water, life cannot exist well.

Water pollution is an enormous problem that creates huge opportunity.

There are two types of water pollution, direct pollution and non-direct. Direct sources of pollution occur when harmful substances are spilled directly into a body of water, such as an oil spill.

Non-direct pollutants come from indirect sources such as fertilizer run off and air deposition (gases and particles that are carried through the air and fall into water such as acid rain).

Many causes of pollution including sewage and fertilizers contain nutrients such as nitrates and phosphates. In excess levels, nutrients over stimulate the growth of aquatic plants and algae. Excessive plant growth clogs the water, uses up oxygen and blocks light to deeper waters. This harms aquatic environment, the fish, everything that resides in water and destroys the eco system.

Non-direct pollution also includes pollution silt from soil wash-off, plowed fields, construction, logging, urban areas, and eroded river banks. There is also a normal aging process that slowly fills bodies of water with organic matter. Other forms of non-direct pollution include sewage, leaves, grass clippings and runoff from livestock feedlots and pastures.

Pathogens are another form of non-direct pollution including bacteria, viruses, and protozoan from storm drains, septic tanks, runoff from farms and boat sewage. Other forms include chemicals, petroleum, radioactive substances and heat from global warming and industry.

The main sources of non-direct pollution are municipalities, industry and agricultural industry and one of the leading ways these polluters are cleaning water is with filters.

One company that has been providing water treatment filtration facilities to the industrial arena and is expanding into municipalities is Pall Corporation.

Dr. David B. Pall started the Pall Cor-
poration in 1946. Today the company is a $1.9 billion science-and-engineering business with 10,400 employees worldwide. The company is listed on the New York Stock Exchange (NYSE:PLL).

The firm began marketing one of Dr. Pall’s early inventions, a porous stainless steel filter. Today the firm specializes in filtration and complementary technologies serving medical and biopharmaceuticals, general industrial, aerospace and microelectronics.

At first glance I liked the potential of this firm because of the increasing importance of filtration in water treatment. The only investment I have made to date in the water industry is in Hyflux, but Pall Corp. may well become my second investment.

Both companies have developed an assortment of proprietary membranes that can separate, selectively capture, or remove very small virtually undetectable contaminants. Pall filters remove bacteria, viruses, and molecules down to the angstrom level (one hundred-millionth of a centimeter). Pall has a line of smart filters that stop specific contaminants but let desirable components remain in the water.

Pall is the largest industrial purification and filtration business for many fluids in the world and is now focusing more on water. The company has had a water filtration operation for 40 years and has recently merged its water membrane filtration expertise with its large-scale experience and capabilities to expand into municipal and government services.

Pall now earns $350 million in its water division, the fastest growing part of its income. The company has trademarked the words “Total Fluid Management” to describe the idea of blending filters, separation equipment and services for cost lowering efficiency.

Pall went public in 1957, when 20,000 shares were offered $5.00 per share. There has been substantial growth since. Sales fourth quarter ending July 2005, were $524.5 million. Earnings were $43.4 million or 34 cents per share. In July 2005 shares price ran up to a high of $31, then fell to the $25 range, but have since recovered to $27 per share.

I feel like a babe in arms when looking at the potential of the water sector.

There is so much to learn! There are so many places where one can invest in water treatment that the options are almost bewildering.

But I already like Pall Corp. because it is an industrial giant focusing on cleaning water. Water pollution is one of the world’s biggest problems. There is an old British saying “Where there is muck, there is brass”. There is plenty of muck in the world’s water supply so perhaps there will be more brass (or maybe even gold) to make with shares of Pall Corp. and companies like this.

I expect that working through the water opportunity learning curve will lead more than once to Pall Corporation and perhaps buying some shares. Let’s keep an eye on Pall Corp.

Until next issue, may all your investments and water be clear!

Gary
As she looked in the mirror and asked, “mirror – mirror on the wall, whose the fairest of them all?” the ‘little voice’ from within totally surprised her; instead of responding, “you are the fairest of all”, the retort from within said, “Lady, you’ve gotten fat”.

What the lady in the mirror doesn’t understand is that inside of her, is a thin person just waiting to be understood and surface. When you look into the mirror and feel good, your self-esteem grows instead of your waistline. Each individual has very unique, specific needs and a one size ‘diet’ program does NOT fit all. There are no quick fixes; weight loss is about creating healthy beneficial changes for life, including behavior modification. A person gains weight when they burn fewer calories than they eat. Genetics can play a part in weight gain as well. Some people are ‘emotional eaters’—they associate emotions (sad, angry, upset, frustrated, lonely or bored) with food, and with needing comfort.

The frequency of obesity in America is at an all time high! One might define obesity as an unhealthy excess of body fat; plain and simple—excess body fat, increases the risk of poor health and premature mortality. Despite Americans spending more than $33 billion a year on weight loss products, studies show that America’s obesity epidemic is increasing in all age groups. No child or adult needs to be fat.

Hypnosis has been shown to be an effective tool for losing weight, stopping smoking, etc. The American Medical Association approves of hypnosis because it has helped many people have successful outcomes. A person must have the correct, mental attitude: “I like the idea of being healthy, fit and trim; that idea works for me.” The individual with that positive attitude is ready for to make beneficial changes—he/she can then make those successful beneficial changes. Hypnosis is an effective tool to motivate you, assisting you with forming new wonderful, satisfying and lasting changes. Via hypnosis, you can discover and release inner conflicts; blocks, negative behaviors, emotions that are held in the subconscious mind. Hypnosis is also very helpful with stopping binge eating. A person does not have to be trapped or controlled—(s)he can harness the power of the subconscious mind, eat properly and control or stop this unhealthy eating cycle. Because hypnosis is a natural state of mind, it can help you reach your natural weight without feeling or being deprived.

Your subconscious mind houses your thoughts and beliefs, your reality, and habitual behaviors and your imagina-
tion as well. Via hypnosis you can quickly gain access to this dominant mind and release underlying, emotional sabotaging conflicts. Your subconscious mind is like the hard-drive on a computer. In hypnosis, you are able to gain access within your subconscious mind where your current programming is deeply seated (thoughts, beliefs, attitudes, actions, and habits). Once you identify what is not working for you, you begin to reframe (change) unwanted and unneeded programming currently causing you to sabotage your desires. Because you like the new ideas, you begin to create a new you, an ideal you—the one you choose to see in the mirror.

Because you act according to the beliefs housed in your subconscious mind, you must be willing to commit to following through for hypnosis to take effect permanently. For life long success you must be willing to carry over the new changes, actions and attitudes you make; doing what is needed to ensure positive perseverance of your new belief changes. This includes changing unhealthy, life-long habits that have become part of who you are so that you can keep the weight off. By focusing on what you truly want, vs. what you don’t want, you are focusing on the solution; you begin to wonderfully transform your life.

Your desire, beliefs, willingness to commit and preparation planning are key elements in the success of your wellness journey. The truth is, change begins within. How you see yourself is how you act. Every successful endeavor first begins in the mind as an idea, desire, vision or suggestion. Good health includes the integration of the mind, body and spirit; what the mind believes, the body is capable of achieving! With hypnosis, you bring harmony, happiness and connection to your mind, body and spirit. Your commitment to your wellness will determine your outcomes. The changes you are making must be made for you (not for someone else) and you must take full responsibility for your success and your outcomes. If you are not fully committed to making healthy necessary changes for yourself, no permanent, beneficial changes will occur.

• Because you decide to have (vs. wish) the characteristics, behaviors and habits of a healthy, fit person - you begin to see images of yourself as that ideal person; you initiate movement in the direction you desire to go.
• Because you think thin thoughts, you begin to feel and act thin; you then become this person you choose to be. As you look in the mirror of self-perception you get to smile back, as you like who you see.
• Since you free “weight issues”, you no longer focus on the heavy burdens that currently eat at you mentally and physically; you make magnificent changes.

Imagine how nice it will be to eliminate cravings and conquer your unhealthy behaviors. Utilizing the most powerful part of your mind (subconscious mind) your trim, healthy vision can become a reality. Picture yourself stepping into a room looking and feeling great—you might even find it amazing, as everyone finds the new you, surprisingly fantastic. More importantly, you feel great that you have indeed accomplished your goals; your self-esteem is at an all time high. As you glance in the mirror you absolutely feel and look fantastic.

This image perception can be yours. Get excited, reclaim what is meaningful and absent in your life.

**Benefits of Hypnosis:**

Master your fears and release self-limiting beliefs that have impeded or halted your progress and/or goal accomplishments. There are numerous benefits; some include:

• Changing your thinking (your subconscious programming), stop destructive eating habits and bad behavior.
• Stopping wasting money on weight loss fad products. Get off the merry-go-round of ‘yo-yo’ dieting.
• Getting to underlying cause of your unwanted fat; remove that hidden barrier and become the healthy person you choose to be.
• Feeling fantastic—mentally and physically. It is perfectly ok to feel good about yourself—and to be happy.
• Increasing your endurance, doing activities of daily living with greater ease.
• Reaching and maintaining your natural weight without feeling or being deprived.
• Liking the person you see as you look in the mirror.
• Turning your dream into a reality; eliminating the negative; focusing on what you want; producing optimistic, lasting results.

The results you can reap from hypnosis can be remarkable. With your new changes, when you look in the mirror your inner voice can say, “You are radiant, happy, healthy, and well.”

Polly Humphreys is a Certified Hypnotist and is the founder of Alternative Wellness & Beyond. Polly specializes in Holistic Hypnosis and Sports Performance Enhancement: stress management, fears, weight loss, and smoking cessation. Free hypnosis education and consultations can be scheduled by calling 336-988-5750.
Vitamin A is a family of fat-soluble compounds that play an important role in vision, bone growth, reproduction, cell division, and cell differentiation (in which a cell becomes part of the brain, muscle, lungs, etc.). Vitamin A helps regulate the immune system, which helps prevent or fight off infections by making white blood cells that destroy harmful bacteria and viruses. Vitamin A also may help lymphocytes, a type of white blood cell, fight infections more effectively.

Vitamin A promotes healthy surface linings of the eyes and the respiratory, urinary, and intestinal tracts. When those linings break down, it becomes easier for bacteria to enter the body and cause infection. Vitamin A also helps maintain the integrity of skin and mucous membranes, which also function as a barrier to bacteria and viruses.

Retinol is one of the most active, or usable, forms of vitamin A, and is found in animal foods such as liver and whole milk and in some fortified food products. Provitamin A carotenoids are darkly colored pigments found in plant foods that can be converted to vitamin A. In the United States, approximately 26% and 34% of vitamin A consumed by men and women, respectively, is provided by provitamin A carotenoids. The Institute of Medicine (IOM) encourages consumption of carotenoid-rich fruits and vegetables for their health-promoting benefits.

What foods provide vitamin A?
Retinol is found in animal foods such as whole eggs, milk, and liver. Most fat-free milk and dried nonfat milk solids sold in the United States are fortified with vitamin A to replace the amount lost when the fat is removed. Fortified foods such as fortified breakfast cereals also provide vitamin A. Provitamin A carotenoids are abundant in darkly colored fruits and vegetables. The 2000 National Health and Nutrition Examination Survey (NHANES) indicated that major dietary contributors of retinol are milk, margarine, eggs, beef liver and fortified ready-to-eat cereals, whereas major contributors of provitamin A carotenoids are carrots, cantaloupes, sweet potatoes, and spinach.

Vitamin A Deficiencies
Vitamin A deficiency is common in developing countries but rarely seen in the United States. Approximately 250,000 to 500,000 malnourished children in the developing world go blind each year from a deficiency of vitamin A. In the United States, vitamin A deficiency is most often associated with strict dietary restrictions and excess alcohol intake. Severe zinc deficiency, which is also associated with strict dietary limitations, often accompanies vitamin A deficiency. Zinc is required to synthesize retinol binding protein (RBP) which transports vitamin A. Therefore, a deficiency in zinc limits the body’s ability to mobilize vitamin A stores from the liver and transport vitamin A to body tissues.

Night blindness is one of the first signs of vitamin A deficiency. In ancient Egypt, it was known that night blindness could be cured by eating liver, which was later found to be a rich source of the vitamin. Vitamin A deficiency contributes to blindness by making the cornea very dry and damaging the retina and cornea. Vitamin A deficiency diminishes the ability to fight infections. In vitamin A-deficient individuals, cells lining the lungs lose their ability to remove disease-causing microorganisms. This may contribute
to the pneumonia associated with vitamin A deficiency.

Fat malabsorption can result in diarrhea and prevent normal absorption of vitamin A. Over time this may result in vitamin A deficiency. Those conditions include:

- Celiac disease: People with celiac disease are intolerant to a protein called gluten found in wheat and some other grains. In celiac disease, gluten can trigger damage to the small intestine, where most nutrient absorption occurs. Approximately 30% to 60% of people with celiac disease have gastrointestinal-motility disorders such as diarrhea. They need to follow a gluten-free diet to avoid malabsorption and other symptoms.

- Crohn’s disease: This inflammatory bowel disease affects the small intestine. People with Crohn’s disease often experience diarrhea, fat malabsorption, and malnutrition.

- Pancreatic disorders: These often result in fat malabsorption, since the pancreas secretes enzymes important for fat absorption. Without these enzymes, it is difficult to absorb fat. Many people with pancreatic disease take pancreatic enzymes in pill form to prevent fat malabsorption and diarrhea.

Vegetarians who do not consume eggs and dairy foods need provitamin A carotenoids to meet their need for vitamin A. They should include a minimum of five servings of fruits and vegetables in their daily diet and regularly choose dark green leafy vegetables and orange and yellow fruits to consume recommended amounts of vitamin A.

It is important to seek the advice of a physician about any medical condition or symptom. It is also important to seek the advice of a physician, registered dietitian, or other qualified health professional about the appropriateness of taking dietary supplements and their potential interactions with medications.

Source: NIH, Office of Dietary Supplements. More information may be found at www.nih.gov.
When it comes to alternative medicine, using ice is an easy, drug-free and inexpensive therapy right out of your freezer. The simple technique of ‘icing’ is used to lessen pain and decrease inflammation, but it has many more uses, particularly for women.

**Injury treatment**—For sports and overuse injuries. R.I.C.E. therapy (rest-ice-compression-elevation) is the recommended method to treat muscle and joint pain, strains and sprains. Many athletes also use ice therapy as preventative treatment after a workout.

**Ease migraine headache pain**—Ice therapy is a proven remedy for migraine relief. Lie down for five to ten minutes and place an ice pack behind your neck, on your forehead or temples. Ice naturally reduces inflammation and numbs pain, decreasing the effect of migraines and easing you into relief without the use of drugs.

**Chill hot flashes and night sweats**—80% of women will experience body heat fluctuations during menopause. Nothing chills a hot flash like an ice pack! Keep a chilled pack in an insulated tote next to your bed at night, ready when a flush of heat wakes you up.

**Family first aid & home emergencies**—If you have children or an accident-prone husband, an ice pack in the freezer is a necessity. Considered the first line of treatment to use for bumps, bruises, sprains, black eyes, strains or minor burns, ice therapy is a must for home emergencies.

**Reduce swelling after surgery**—Whether it’s cosmetic, reconstructive, or joint replacement all will result in postoperative swelling and bruising. Ice therapy is recommended by most doctors to decrease inflammation and bruising after surgery.

**Reduce puffy eyes**—Not enough sleep? Allergies? Ice therapy relieves puffy, swollen eyes with a little TLC.

**Cool minor burns & treat insect bites**—Like to garden, but hate sunburn and bugs bites? Summer sun and pesky bugs won’t get the best of you when you use ice therapy. Wrap an ice pack in a towel for a cold compress to gently cool sunburned skin. (But don’t use on skin that has blistered seek medical attention for damaged skin.) Take the sting out of bug bites, by using an ice massage directly on the bite for 5 to 10 minutes. It will numb pain, relieve some of the itching, and reduce swollen bumps caused by the bite.

Let ice be nice to you!

Louise Roach is a health and fitness editor, marketing specialist, and product development consultant. Ms. Roach has recently developed a take-with-you ice therapy kit for women, with a percentage of the proceeds being donated to the Women’s Information Network Against Breast Cancer (WIN ABC). Learn more about the benefits of cold therapy at http://www.snowpackusa.com/
Chiropractic is the largest natural primary health care profession in the world. It is the most praised yet most misunderstood of all health care disciplines, despite the fact that more than 25 million Americans utilize it each year. Many people think that chiropractic is only for your back. This is understandable—after all, chiropractors do work primarily on your back. However, chiropractic is about affecting the nervous system, and the way this is done is by adjusting the spine.

Your body is controlled by three different parts of your nervous systems: the central nervous system, peripheral nervous system and autonomic nervous system. All 3 parts of the nervous system must be balanced so that they can operate in unity and create a truly healthy body. Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities. In other words, some part of your body will not be working properly.

The main premise of chiropractic is that vertebral misalignments occur in the spine and can produce interference in the function of the nervous system, which have remarkable and far-reaching effects by reducing the individual’s health and performance. These misalignments are referred to in chiropractic as vertebral subluxations, which are spinal joint fixations that result from nerve irritation. This nerve irritation leads to exaggerated activity of the nerve, resulting in muscular tension, postural asymmetries (poor posture), and limited and painful motion. Other problems include chronic increased sensitivity of the nervous system, which can produce pain, discomfort, and mixed sensory messages.

Vertebral Subluxations are problem areas of your spine that affect your entire nervous system. In these problem areas the spinal bones are misaligned or have lost their normal range of movement. This irritates or puts pressure on local nerves, which interferes with the communication between your brain and body (and vice versa).

The purpose of chiropractic care is to correct nerve interference. When the vertebrae (bones in the spine) are misaligned the flow of messages from the brain to all the other cell in the body is distorted. This type of nerve interference creates dis-organization of the bodily functions. These misalignments of the vertebrae (bones in the spine) can often exist undetected and slowly undermine a person’s health.

It is the responsibility of the Doctor of Chiropractic to locate subluxations, and reduce or correct them. This is done through a series of chiropractic adjustments specifically designed to correct the vertebral subluxations in your spine. Chiropractors are the only professionals who undergo years of training to be the experts at correcting subluxations.

Chiropractic is great for low back pain, however it works great for many ‘non back’ problems such as premenstrual syndrome (PMS), carpal tunnel syndrome (CTS), ulcers, irritable bowel syndrome, crohn’s disease, gall bladder problems, heart problems, asthma, allergies, chronic obstructive pulmonary disease and other lung problems.

Submitted by Roosevelt Smith, DC of Advanced Integrative Medicine located at 4518-A West Market Street in Greensboro, NC. For questions or consultations, call 336-235-4022. See ad on page 8.
When talking about exercise, aerobic exercise is the worst way to reach your weight loss goals. You must be thinking that this can’t be true. After all, experts and the media have been telling us for decades that aerobic exercise is the best way to lose weight. They are wrong. If you’re serious about weight loss and health, you should seriously rethink your exercise program and replace an aerobic regime, which yields small benefits, to a resistance or interval workout.

The fact that aerobic exercise is not optimal for weight loss is supported by real world evidence, confirmed by practical experience, and is corroborated by science. Science is often thought of as the only criteria necessary for proof, but it usually operates without an organizing context and therefore provides mixed messages and sometimes wrong conclusions. Although it has taken time, science is now proving other forms of exercise superior to aerobics when it comes to weight loss.

Cardiovascular vs. Aerobic Exercise

There is an important distinction to be made: aerobic and cardiovascular training are not the same thing. Cardiovascular exercise refers to the heart, lungs and vessels of the body working at an accelerated rate to sustain exercise. Aerobic exercise refers to the use of oxygen to burn fuel for energy. Why is this important? Aerobic exercise is limited; in other words, once oxygen becomes limited, you are no longer doing aerobic activity. While cardiovascular exercise is maintained as long as the muscles of the body are working, aerobic exercise by its very nature must be done at a low enough intensity to ensure adequate oxygen consumption. Therein lies the problem. In order for the body to get leaner, it must be continually challenged with increasing intensity. Aerobic exercise has a built-in intensity ceiling and therefore becomes a limiting factor for adaptation.

Aerobic enthusiasts will quickly point out that more fat is burned with aerobic exercise than with anaerobic exercise. This is true only from a relative perspective—the lower the exercise intensity, the higher proportion of fat is burned compared to sugar. However, exercise of higher intensity and beyond the aerobic training zone burns more total energy and fat.

EPOC and Extended Energy Usage

Analysis shows that aerobic cardiovascular exercise does NOT burn more total fat than higher intensity anaerobic cardiovascular exercise, but the differences do not stop there. In the last decade, exercise research has shown that it is not just what happens during exercise, but also what happens after exercise that makes a difference. Have you ever walked up a large flight of stairs? When do you breathe the hardest during that activity? It is not until you reach the top of the stairs that your body really begins to gasp for air. In exercise research, this is known as EPOC (Excess Post exercise Oxygen Consumption) and it refers to the “catch up effect” the body has in response to intense exercise. This increased metabolism induced by intense cardiovascular exercise can last as long as 48 hours! As it turns out, the largest increases in EPOC occur with anaerobic cardiovascular exercise like resistance training and interval exercise and not training in the “aerobic zone.”

EPOC in Evolutionary Context

The mechanism of EPOC is not fully understood, but with a little context and some known science we can get a good idea of what is going on. When early man had to kill his dinner or avoid being eaten, his level of fitness and adaptation determined success or failure. Every time he missed a kill or barely escaped being dinner, his body got leaner, faster, and stronger in order to survive. Hormonal signals brought on by his intense activity are what stimulated this growth. Every time we eat, exercise, or sleep hormones are released that act as chemical messengers telling the body to get stronger or weaker, fatter or leaner, and age faster or slower. When it comes to exercise there is a threshold of intensity beyond which cascades of growth hormones are released leading to a “ripple effect” on the metabolism forcing the body to adapt. Part of this adaptation is the EPOC phenomenon. With aerobic exercise this threshold is never breached and the body never gets the signals to get lean, fast, and strong.

Hormonal Effects of Intense Exercise

Many researchers and clinicians have been confused with the hormonal fat burning effect that may be behind EPOC. While they are aware that hormones are the messengers that tell the body how to use its fuel, they sometimes forget how hormones work together. If we realize that the net action of a single hormone depends on other hormones around with it, we get a far better understanding than looking at its action in isolation. Let’s take cortisol for instance. Cortisol has been blamed for causing fat storage around the belly, increased aging, and lowering the
immune system. However the negative effects of cortisol only surface when human growth hormone, testosterone and other growth hormones are not around with it.

Cortisol is a hormone that raises sugar in the blood and if activity does not use up this liberated fuel, insulin will be needed to lower blood sugar. Unfortunately, insulin lowers blood sugar by storing it away as fat and then locking it in the fat cell. As long as insulin is around, fat burning cannot take place. When cortisol acts to raise blood sugar it is doing so as a natural protective mechanism. The natural response to stress is to release cortisol and adrenaline so that we have high energy sugar to fight or flee. If we don’t move or move slowly in response to stress, large amounts of cortisol, adrenaline, and sugar are still released, but never used. The lack of intense movement that we are designed for means the unused sugar gets stored as fat while cortisol, adrenaline, and other stress hormones “rev our engines” doing damage to our physiology; making us susceptible to fat storage and increased aging.

Stress hormones like cortisol are designed to work with growth hormones like testosterone and HGH. When cortisol is unopposed by these growth producing counterparts it leads to muscle wasting and fat storage around the waist. However, when testosterone and HGH are present with cortisol, fat storing at the tummy is blocked and the three hormones together amplify fat burning. This scenario results in weight loss, not weight gain. So you see, stress hormones in high amounts are appropriate when they act with the growth hormones of the body. Interestingly enough, this is exactly how early man’s hormonal systems worked in the world of actual fight or flight. By simulating this action in exercise we can literally program our bodies to burn fat, build muscle, and slow aging. Aerobic exercise, by its very nature never allows the body to reach the intensity required to release growth promoting testosterone and HGH and continually exposes the body to unopposed cortisol which makes weight loss more difficult.

Stress hormones can not lead to fat gain and aging when they are followed by high intensity activity. In the natural world, stress leads to increased availability of sugar which leads to the ability to fight or flee. High intensity activity works with this process by generating protective fat burning and anti-aging hormones that make us leaner, faster, and stronger the next time we encounter stress. Low intensity activity, like walking or jogging, does not have the same effect. There is actually research suggesting that long duration exercisers who stop running are more prone to higher levels of unopposed cortisol, a situation that may actually lead to fat gain.

It is useful to point out that humans in natural conditions did low intensity activity all day everyday. To a prehistoric caveman or modern day hunter-gatherer walking is considered a necessity, not exercise. Modern humans should do as much of it as they can, but the last thing one needs to do in response to high levels of stress and blood sugar is engage in slow-mo aerobic exercise. This runs counter to inherited physiology and biochemical understanding. Our genes and metabolic processes are tuned to the lifestyle of our hunter-gather ancestors. Intelligent exercise works along with this ancient machinery.

The Science

Still skeptical? A 2001 study in the American College of Sports Medicine’s flagship journal, Medicine and Science in Sports and Exercise illustrates our point nicely. This study compared two groups of women. One group exercised using standard zone aerobic training while the other group used anaerobic interval exercise. The interval group exercised for 2 minutes at a highly intense 97% max heart rate. They then rested by doing three minutes of low intensity activity. The more aerobic group performed moderately intense activity at close to 70% of max heart rate. The researchers made sure that each group burned exactly 300 calories. Despite exercising for 2 minutes at a highly intense 97% max heart rate. They then rested by doing three minutes of low intensity activity. The more aerobic group performed moderately intense activity at close to 70% of max heart rate. The researchers made sure that each group burned exactly 300 calories. Despite exercising for 2 minutes at a highly intense 97% max heart rate. They then rested by doing three minutes of low intensity activity. The more aerobic group performed moderately intense activity at close to 70% of max heart rate. The researchers made sure that each group burned exactly 300 calories. Despite exercising for 2 minutes at a highly intense 97% max heart rate. They then rested by doing three minutes of low intensity activity. The more aerobic group performed moderately intense activity at close to 70% of max heart rate. The researchers made sure that each group burned exactly 300 calories.
fitness in the interval group was also substantially greater than the aerobic group. This study demonstrates the effect of EPOC and shows that something other than just calories is driving metabolism.

A similar study published in the same journal in 1996 showed that an anaerobic trained interval group burned significantly more fat than their aerobically trained counterparts. Not only did the interval group burn more fat during exercise, but they exhibited increased fat burning effects that persisted for 24 hours after the exercise had stopped. These results clearly show that anaerobic activity burns more overall fat and calories during exercise, and demonstrates EPOC will lead to a continued fat burn after exercise as well. Perhaps the most interesting thing about this study is that the interval group was able to accomplish all this with an exercise session that was a full 15 minutes shorter than the aerobic group. This shows that intelligent exercise moving away from the aerobic paradigm allows exercisers to have their cake and eat it too.

Perhaps the most telling study on the effects of anaerobic vs. aerobic cardiovascular training came in 1994 in the journal Metabolism. This study tracked two groups of people undergoing different modes of exercise. One group did zone aerobic training for a period of 20 weeks. Group 2 did 15 weeks of a high intensity interval program. The researchers wanted to see how each program would affect body fatness and metabolism. The results showed that the aerobic group burned 48% more calories than the interval group (120.4 MJ vs 57.9MJ) over the course of the study. However, despite the huge caloric disadvantage, the interval group enjoyed a 9 fold greater loss in subcutaneous fat (fat under the skin). Most remarkably, resting levels of 3-hydroxyacyl coenzyme A dehydrogenase (HADH), an enzymatic marker of fat burning, were significantly elevated in the interval group. The implications of this study are immense when you consider the interval group trained 5 weeks less than the aerobic group, had shorter workouts, and yet far exceeded the aerobic group in fat burning at rest and during exercise. The measurement of fat burning enzymes in this study shows for the first time that this new exercise technology can “teach” the body to be a more efficient fat burning machine.

Aerobic exercise is not all bad. While it has marginal benefit in attaining weight loss, it does live up to its reputation in the realm of maintaining weight loss. It is a healthy and beneficial form of exercise, and lets face it any form of exercise is better than none. If you have gotten the idea that we want you to stop doing all aerobic exercise you are wrong. We just want you to get real and use aerobic exercise as it was intended, as a necessity—not exercise. Walking and lower intensity exercise should be done as often as possible. They benefit the body, the mind, the spirit and are energizing. Just remember, if you want to lose weight, transform your body, and slow the aging process you will have to invest in high intensity exercise. It is far better to learn new exercise habits that will deliver results in accordance with your effort. A sole focus on aerobic training will only serve to make a difficult process more challenging.

For more information, contact Jade or Keoni Teta at the Naturopathic Health Clinic of NC, located at 114-L Reynolda Village in Winston-Salem, NC. 336-724-4452. Also visit www.naturopathichealthclinic.com and www.metaboliceffect.com.
Natural Standard has added an excellent integrative database. Natural Standard was founded by clinicians and researchers to provide high quality, evidence-based information about complementary and alternative therapies. This international multidisciplinary collaboration now includes contributors from more than 100 eminent academic institutions.

Their latest issue includes details about a study published in Archives of Internal Medicine and says: “Researchers found that adults over 50 who exercised frequently had added almost 3.5 years to their life expectancy. Results from 4,121 people in the Framingham Heart Study were split into three groups according to levels of physical activity (low, medium and high). Life expectancies at age 50 compared to the low activity group were 1.5 years longer for the moderate exercise group 3.5 years longer for the high activity group. Researchers found that brisk walking half an hour a day could produce these benefits. The subjects who added years to their life tended to also have less cardiovascular problems and a lower incidence of heart disease.”

Another article includes information on how wine may be effective for Alzheimer’s: “Researchers at the Litwin-Zucker Research Center for the Study of Alzheimer’s Disease and Memory Disorders in Manhasset, NY have found that a compound in wine, resveratrol, may break down amyloid-beta peptides which have been linked to Alzheimer’s disease.”

There is a Review of Weight Loss Supplements: “Consumerlab.com has released a review of popular weight loss supplements including ingredients such as bitter orange, green tea, DHEA, calcium, caffeine, chitosan, chromium, ephedra, hoodia, L-carnitine, conjugated linoleic acid and vitamin C. Consumerlab tested the products for accuracy of key ingredient amounts on the label, contamination (lead, chromium VI), ability to break apart in the body, excess caffeine, and other stimulants”

Plus the excellent article on Glyconutrients as food supplements says: “When the body has a balanced intake of the eight saccharides the ability to fight disease and reactivate the immune systems is stronger. Saccharides have been shown to lower cholesterol, increase lean muscle mass, decrease body fat, accelerate wound healing, ease allergy symptoms, and allay autoimmune diseases such as arthritis, psoriasis, and diabetes. Incorporating glyconutrients, proprietary blends of plant-derived sugars, into the diet may be able to bring about these effects and many others. It is thought that because glyconutrients are natural food products that incorporating them into the diet carries no side effects.”

The Natural Standard database is an excellent source of information and you can sign up for their free ezine at http://www.naturalstandard.com/
Chai Tea

Chai tea can help you lose weight and improve your health in many ways. Chai is simply the word for “tea” in numerous Asian languages. The spicy, milky concoction that has become popular in the West originates in India and is known as tea masala.

This drink has many health benefits because of three spices in the recipe: Ginger, Cinnamon and Star Anise.

Ginger is warming especially in winter and is both anti-inflammatory and anti-oxidant. This spice helps reduce joint aches and pains often associated with winter. Ginger helps stimulate the digestive system so the body absorbs more nutrients from food and reduces hunger. Ginger also boosts the immune system and naturally increases the body’s energy levels plus is a vital element in Ayurved, the Indian science of life.

Cinnamon is an effective weight control spice as it is a blood sugar modulator that reduces blood sugar spikes that can lead to binge eating.

Star anise adds flavor and may also add protection against viral infection. Star anise is native to China and Vietnam and is thought to be a promising defense against viral infections including the bird flu. The seed contains shikimic acid, which is the key ingredient in Tamiflu, the popular drug thought to protect against the avian flu.

Star anise is today grown almost exclusively in southern China, Indo-China, and Japan and an extract from the plant is substituted for European aniseed in commercial drinks. The fruit itself is around an inch in size, star shaped with between five and ten pointed sections and is a bright purple when fresh, although the product is mainly used when the fruit is dried and powdered. The plant gives off a strong licorice-like

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scent and has a taste similar to bitter aniseed. The fruit is used frequently in Chinese cooking and medicinally is thought to treat colic and have carminative, stomachic, stimulant and diuretic properties.

National Geographic reported at http://news.nationalgeographic.com/news/2005/11/1128_051128_star_anise.html: “A licorice-flavored spice that’s long been a staple on Asian tables may now be a major weapon against global influenza.

“Part of Chinese cuisine’s five-spice powder, star anise is also the primary source of shikimic acid used to produce oseltamivir phosphate, sold under the brand name Tamiflu.”

There are no scientific studies that confirm that simply consuming star anise in its natural form can have preventative effects of the flu. In fact the pharmaceutical industry is already attacking its use. A recent interim FDA advisory warned that Star anise teas have been associated with seizures and other illnesses in 40 people.

However, those who decide to risk taking this spice that has been consumed by millions for centuries can enjoy the taste, may gain viral protection and can enjoy a huge economic savings. A packet of ten capsules of Tamiflu costs over $50 in the US. Five pounds (perhaps a life time supply) of star anise costs including $38 at http://www.bulkfoods.com

To make your own Chai tea mix, use whole or broken spices, not ground. To make 3 1/2 ounces, start with about an ounce of shelled green or black cardamon and a half ounce of cinnamon bark. Then be sure you use some star anise and ginger, and make up the weight from your favorites from this list:

Allspice, cracked
Cardamon, hulled
Cinnamon
Cloves
Coriander seed
Mace and Nutmeg

To make chai tea, boil this mixture with two tablespoons of Darjeeling tea for 5 minutes, then steep 10 minutes.

Add honey or brown sugar and milk to taste.

Chai tea has become a popular drink in the US because of its taste, but (especially if sweeteners and milk are reduced) like most foods that survive the test of time, this wonderfully flavored drink may have numerous health benefits.
Here is an unusual but very simple and tasty way to gain protection against colds and flu, one that our grandparents probably knew but is now mostly forgotten.

I know this remedy was used because I remember my Grandparent’s house—a creaky, one bedroom structure with an old dirt basement. Yet grandpa and grandma managed to raise five children in that house who all turned out pretty healthy and in one piece (except one uncle who lost some fingers as grandpa was a powder man working in the Works Progress Administration (WPA) and Uncle Lloyd climbed into a forbidden cupboard where some blasting caps were stored).

However he became a minister in Washington State and is still going strong in his nineties. Maybe Uncle Lloyd learned something from that explosive event.

What I recall most, though, was that old dirt basement. I used to go down there with Grandpa and it was most mysterious, damp, smelling of musty earth, slightly forbidding but filled with a wonderous collection of construction objects and tools. Grandpa was a putterer and collected all types of amazing goods and gadgets.

The other part was storage for the delicious foods that Grandma prepared—jars of pickles, beans, peas, strawberries and rhubarb, jellies and jams. Plus in one corner stood a huge ceramic vat of sauerkraut, perhaps ten gallons, stone colored and bubbling with a slightly soured perfume that promised delights Grandma would serve with potatoes.

I never thought of this as a health food, but listen to this: the old copies of Farmer’s Almanac show recipes for sauerkraut that treat virtually every ailment known. Now there is scientific evidence that sauerkraut has cancer fighting abilities and may be even be a cure for avian flu. Sauerkraut could be one of the most unassuming super foods ever created.

Sauerkraut is made by fermenting sliced cabbage, and this produces a high level of lactic acid and lactobacillus bacteria which may help combat viral infections.

The November 2005 issue of Men’s Health magazine advises constructing a pandemic kit, including a few of cans of sauerkraut; “it’s packed with lactic-acid bacteria, shown by Korean researchers to speed recovery of chickens infected with avian flu,” the magazine says.

A November 9, 2005 ABC news story entitled “Sauerkraut Touted as Bird Flu Cure” confirms this fact and says:

“ABC on Tuesday said sauerkraut has grown more popular after the discovery of the medicinal effects of fermented foods such as kimchi on bird flu.

“In one study, South Korean scientists found eleven of 13 infected chickens with bird flu started to recover after eating a kimchi extract.”

Other sites about sauerkraut confirm this. One site http://waltonfeed.com/old/sauer.html says:
“There’s a reason for everything, even if we don’t understand it. It’s likely the old timers of 200 years ago didn’t understand many of the reasons they made sauerkraut except they knew this was a good way of preserving their cabbage through the winter. Today we know that fresh, raw cabbage is very rich in vitamin C, containing enough in 200 grams (that’s about a cup) to supply a whole day’s needs. Cooked cabbage and sauerkraut have about half this much. Sauerkraut is also an excellent source of Vitamin K. In the old times, Vitamin C was hard to come by during the winter. Beyond their conscious knowledge, sauerkraut was one of their very few sources.”

http://www.sauerkraut.com/ says:

“The results of a recent study published in the Journal of Agricultural and Food Chemistry concluded that sauerkraut is a cancer inhibitor. The study discovered that the fermentation of cabbage (how sauerkraut is made) produced a substance called isothiocynates, which prevents cancer growth, particularly in the breast, colon, lung and liver. Packed with vitamins, iron, and fiber, sauerkraut is also rich in cruciferous phytochemicals, which have long been proven to have disease fighting powers.”

Another ABC story covers this in more details and says: “Vitamins, Definitely; Anti-Cancer Properties, Maybe.”

“There is no medical research showing the fermented cabbage dishes have curative properties against the avian flu, but researchers have found other reasons people should stop by the condiment aisle on their next supermarket trip. A recent study by the University of New Mexico indicates that eating sauerkraut’s main ingredient, cabbage, may help ward off breast cancer.

“Researchers wanted to know why Polish women have low rates of breast cancer, so they compared Polish natives to Polish-American immigrants. They discovered that women who ate four or more servings of raw or barely cooked cabbage per week during adolescence were 74 percent less likely to develop breast cancer than the women who ate 1.5 or fewer servings of sauerkraut per week.

“More research will be needed to prove a conclusive relationship, but that doesn’t mean people should skimp on the sauerkraut. Cabbage is packed with vitamins that may boost the immune system, and fermented cabbage contains lactic acid, which helps with digestion and may weaken infections.

“A one-cup serving of sauerkraut provides 102 percent of the recommended daily intake of vitamin K, 35 percent of vitamin C and 12 percent of iron, according to Nutrition Data. Plus, it contains only 32 calories, with four grams of fiber.”

You can read the entire article at http://abcnews.go.com/Health/story?id=1289433

Another great benefit of sauerkraut is that it is tasty and versatile. You can eat it as part of a main course, as a garnish, mixed in German potato salad or just on its own as a snack.

There is even, believe it or not, a recipe for sauerkraut jello!

2 cups sauerkraut, drained
1 (6 oz) package lemon Jell-O gelatin
1/8 teaspoon salt
1 cup boiling water
1/8 teaspoon salt
1/2 lemon, juice of

You can read it all at http://www.recipezaar.com/138321

There you have it....a simple but big solution for flu protection. This winter when the weather is cold and the winds are rough, have a little sauerkraut. It’s pretty tasty and may help you improve your health and overcome the flu.

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January 2006
Macular degeneration is the leading cause of severe vision loss in people over age 60, and can be slowed down with appropriate treatment. Macular degeneration occurs when the small central portion of the retina, known as the macula, is damaged. The retina is the light-sensing nerve tissue at the back of the eye. Because the disease develops as a person ages, it is often referred to as age-related macular degeneration (AMD). In fact, it is the leading cause of severe vision loss in adults over age 60.

Macular degeneration may be hereditary, meaning it can be passed on from parents to children. If someone in your family has or had the condition you may be at higher risk for developing macular degeneration. Talk to your eye doctor about your individual risk.

There are two types of age-related macular degeneration: the “dry” form and the “wet” form.

- **Dry form.** The “dry” form of macular degeneration is characterized by the presence of yellow deposits, called drusen, in the macula. In general, drusen does not cause changes in vision; however, as they grow in size and increase in number, they may lead to a dimming or distortion of vision that people find most noticeable when they read. In more advanced stages of dry macular degeneration, there is also a thinning of the light-sensitive layer of cells in the macula leading to atrophy, or tissue death. In the atrophic form of dry macular degeneration, patients may have blind spots in their vision. In the advanced stages, patients may even lose central vision.

- **Wet form.** The “wet” form, or exudative neovascular form
of macular degeneration is characterized by the growth of abnormal blood vessels from the choroid underneath the macula. This is called choroidal neovascularization. These blood vessels leak blood and fluid into the eye, causing distortion of vision that makes straight lines look wavy, as well as blind spots and loss of central vision. These abnormal blood vessels eventually scar, leading to permanent loss of central vision. Most patients with macular degeneration have the dry form of the disease and will not lose central vision. However, the dry form of macular degeneration can lead to the wet form. Although only about 10% of people with macular degeneration develop the wet form, they make up the majority of those who experience serious vision loss from the disease.

Because the dry form can change into the wet form, it is very important for people with macular degeneration to monitor their eyesight carefully and see their eye doctor on a regular basis.

What Are the Symptoms?

Macular degeneration often does not have symptoms and is unrecognized until it affects both eyes. The first sign of macular degeneration is usually distortion of straight lines. This may progress to a gradual loss of central vision.

Symptoms of macular degeneration include:

- Straight lines start to appear distorted, or the center of vision becomes distorted
- Dark, blurry areas or white out appears in the center of vision
- Diminished or changed color perception

If you experience any of these symptoms, see an ophthalmologist as soon as possible.

Early detection of macular degeneration is very important because there are treatments that can delay or reduce the severity of the disease.

What Treatments are Available?

There is currently no cure for macular degeneration, but treatments may prevent severe vision loss and slow the progression of the disease considerably. Several options are available, including:

- Vitamins. Vitamins C, E, beta carotene, zinc and copper have been shown to decrease the risk of vision loss in patients with intermediate to advanced dry macular degeneration. Ask your eye doctor if these vitamin supplements will benefit you before taking them.
- Laser therapy.
- Photodynamic laser therapy.
- Low vision aids.

Unfortunately, macular degeneration can recur even after successful treatment. The various procedures, however, can slow the rate of vision loss and hopefully preserve some sight.

Sources: Charlotte Grayson, MD., WebMD, and the Cleveland Clinic Cole Eye Institute.
In the fall 2002, an internist and a urologist decided the best thing for me was to have a needle inserted through my rectum and into my prostate. Are you squirming? I was, and I refused to follow the path these two established doctors set out for me.

Just a few weeks before the scheduled biopsy to determine whether I had prostate cancer, I made a life-affirming decision, one that would eventually reverse my symptoms and improve my health dramatically. This experience, which is important for men and women to understand, proves with the right information and solid faith, each of us, in some cases, can improve our health without dramatic medical intervention.

My story began months earlier. On Friday, January 18, 2002, just two days before the 30th annual Houston Marathon, I found out either a severely strained or torn left calf muscle would keep me out of the race. Instead of being at the starting line to run my fourth consecutive marathon on that Sunday morning, I was watching the start of the 26.2-mile race on TV. Tears were streaming down my cheeks. Running was, and is today, a big part of my life.

Because I couldn’t run for more than six months, I gained 15 pounds to 165, my highest weight ever. My cholesterol was 47 points out of range at 247. My triglycerides—the body’s most common form of fat—were 70 points out of range at 220.

One of the few positive results from that complete blood count was the total PSA, or prostate specific antigen, at 1.4. For a man over 50, his PSA reading is as important as a woman’s mammogram. If his PSA is over 4, some doctors ring the cancer warning bell.

When I went back to the internist in the fall, and found out my calf muscle was healed, he checked my prostate. Faster than you could say, “fear,” he told me I had “a rough spot on the right side” of my prostate and even drew a nice picture of my prostate’s “rough spot” right there on the paper that covered the examining table.

For such a small gland, the walnut-sized prostate, which is just below a man’s bladder, has a big part in our lives. The gland surrounds the urethra, the tube through which urine and semen flows. No man can imagine his life without a healthy prostate, unless he wants to urinate into a diaper and never again have an erection.

Minutes later, a technician in the internist’s office was drawing blood from right arm. Three days later, I received even worse news. My PSA nearly doubled to 2.4 from 1.4 and, combined with the “rough spot,” meant I was headed to a urologist for a more specialized opinion.

After checking my prostate during the 10- to 15-minute appointment, the urologist said, “Yes, your internist is right. You need a biopsy,” and sent a nurse into the room to schedule the procedure. I stumbled out of the office and found my car in a Texas Medical Center parking garage. I had reached a turning point.

As I drove out of the garage, and headed north on Main Street, there was a faded red Suburban in front of me. On the left rear bumper, there was this sticker: El Shaddai is all you need. El Shaddai means God Almighty.

The bumper sticker, I believed, was telling me to make the biopsy decision not in fear, but in faith, the faith that began flowing through me in March 1995 when I began an intensive spiritual journey. How else could I interpret the bumper-sticker message after receiving some of the worst news of my life?


I bought and read The Natural Prostate Cure by Roger Mason, one of the nation’s leading authorities on alternative prostate health care. The information on page nine gave me hope: “A wholesome natural diet is the most important thing you can do to get well and stay well. By eating a traditional whole-food diet, you can actually eliminate prostate infection, enlargement, or even cancer.”

And I bought and read Fasting and Eating for Health by
Joel Fuhrman, M.D. Fasting is not required to benefit from his message.

“Many current approaches offered by the medical profession to deal with a medical problem or health crisis involve significant risk or side effects,” according to Dr. Fuhrman.

(If I did have a malignancy, was there a risk the biopsy needle could cause cancer cells to break off, sending the disease flowing throughout my bloodstream? Despite three requests to speak to a doctor about that issue, The Houston office of the American Cancer Society told me to check two of its Web pages, neither of which had the answer.)

After reading page 39 in Dr. Fuhrman’s book, I was convinced I had to make changes in my diet: “The human body is physiologically ill-equipped to handle a diet high in refined foods, animal products, fats, and proteins without ill effects...heart disease and cancers are strongly related to a high consumption of animal foods...It is a mistaken notion that we need to eat protein-concentrated foods...Children and adults grow healthy and strong on vegetable- and complex-carbohydrate-based diets.”

Just a few weeks before the biopsy, I cancelled the appointment. Immediately, I stopped eating chicken and turkey, fried foods, eggs, dairy products, and white sugar. (I had stopped eating meat late in 1996 after eating an undercooked hamburger caused food poisoning.) I continued eating fish about once a month for the next two years, but I’ve eaten fish only twice this year. I stopped eating anything with partially hydrogenated oil, which contains trans fats that cause “as many as 100,000 cardiac deaths a year in the United States,” according to a February 13, 2005 article in The New York Times that attributed the statistic to the Harvard School of Public Health and the Brigham and Women’s Hospital in Boston.

Now, all I eat are whole grain cereals and bread, salads, vegetables, fruit, beans, and brown rice, a strict plant-based diet.

I enhance my diet with Kyo-Green® barley and wheat grass to boost my immune system; Moducare® daily immune supplement; grape seed extract for free-radical protection; milk thistle to protect liver function; zinc for prostate health; plus some basic supplements, such as calcium and vitamin B.

I began again my four-to-five-day-a-week running schedule and ran the Houston Half Marathon, a 13.1-mile race, in January 2003 and 2004.

In January 2005, I saw another internist. The “rough spot” on my prostate disappeared, and my PSA decreased to 1.0 from 2.4, an outstanding result for a 54-year old man. Also, consider these other, key indicators of health:

• weight decreased by 15 pounds
• cholesterol decreased 42 points
• triglycerides decreased 46 points
• LDL (bad) cholesterol decreased 29 points
• blood pressure decreased to well within range.

As I continue exercising and eating healthfully, I will continue to lower the last four indicators while maintaining my ideal weight of 150 pounds.

And my reaction to all of this?

Why didn’t the internist or the urologist ask me any lifestyle questions? Why didn’t they consider whether my lack of exercise, weight gain, and cholesterol and blood-pressure increase had anything to do with my prostate condition?

Why didn’t they say, “Let’s wait a couple of months so you can change your diet and continue running?” Unfortunately, I cannot recall any doctor ever counseling me about nutrition and exercise.

Should doctors now be required to give patients that information when, according to the Department of Health and Human Services, an estimated 65 percent of U.S. adults are either overweight or obese?

Have we learned nothing?

Chapter 2 of Fasting and Eating for Health is titled Improper Nutrition: The Major Cause of Disease. Under the chapter title is this quote: “Man lives on one quarter of what he eats. On the other three quarters lives his doctor—Inscription on an Egyptian pyramid, 3800 B.C.” That was 5,805 years ago. When are we going to get the message?

I think we must end the nutritional war we’ve declared on ourselves. Then, we’ll make better food choices so we can lessen our dependence on doctors who, in many cases, are treating the symptoms that the foods we ate may have caused in the first place. With a shift in our collective dietary consciousness and greater faith in our individual healing power, we can take huge strides to better health.

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If you want to discuss prostate health or nutritional questions with Bruce Goldfaden, please e-mail: lightlovepeacejoy@yahoo.com
If you are taking or have taken these medications than check below to see what you may be deficient in.....

**Aspirin** depletes folic acid, iron, potassium, sodium and Vitamin C.

**Beta-Blockers** deplete coenzyme Q10 (co-Q10), an important nutrient for liver function, cardiovascular and overall health. This can lead to heart disease, fatigue and muscle pain.

**Amitriptyline (Elavil, Enovil)** depletes co-Q10 and vitamin B2. This can cause headaches, anxiety, depression, heart disease, fatigue and muscle pain.

**Carbamazepine (Tegratol)** depletes biotin, folic acid, and vitamin D. This can cause pain, fatigue and depression.

**Celecoxib (Celebrex)** depletes folic acid.

**Corticosteroids (Cortisone, Dexamethasone, Hydrocortisone, Prednisone)** deplete calcium, folic acid, magnesium, potassium, selenium, vitamin C, vitamin D, and zinc. This can cause depression, fatigue, pain, heart disease and other illnesses.

**Digoxin (Lanoxin)** depletes calcium, magnesium, potassium, selenium, vitamin C, vitamin D, and zinc. This can cause depression, fatigue, pain, heart disease and other illnesses.

**Estrogens (Estrace, Estratab, Estrostep, Menest, Premarin)** deplete magnesium, omega-3 fatty acids, vitamin B6, zinc. This can cause pain, depression, poor immune function and other illnesses.

**Famotidine (Pepcid and Pepcid AC)** depletes calcium, folic acid, iron, vitamin B12, vitamin B6 and zinc. This may lead to poor immune function, fatigue, depression and pain.

**Hydrochlorothiazide (Esidrix, Ezide, Dyazide, DryDroDIURIL, Hyro-Par, Maxide, Microzide, Oretic)** depletes co-Q10, magnesium, potassium, vitamin B6 and zinc. This could cause pain, fatigue, depression, restless leg syndrome, irritable bowel syndrome, spastic colon, and other illnesses.

**NSAIDs (Fenoprofen, Ibuprofen, Naproxen, Aleve, Anaprox, Advil, Excedrin, Motrin, Naprosyn, Nuprin, Orudis and Pamprin)** deplete folic acid. This can cause anxiety and depression.

**Omeprazole (Prilosec)** depletes vitamin B12. This can lead to fatigue, anemia and depression.

**Oral Contraceptives** deplete vitamin C, vitamin B2, folic acid, magnesium, vitamin B6, vitamin B12 and zinc. This could lead to poor immune function, fatigue, depression, anxiety, depression and fatigue.

**Prevastatin (Pravachol)** depletes co-Q10. This could lead to heart disease, fatigue and muscle pain.

**Ranitidine Hydrochloride (Zantac)** depletes calcium, folic acid, iron, vitamin B12, vitamin D and zinc. This could cause poor immune function, fatigue, depression, anxiety, restless leg syndrome, anemia and more.

**Statins** block production of co-Q10. This action can lead to muscle aches and pains and heart disease.

**Triamterine (Dyrenium)** depletes calcium, folic acid and zinc. This could cause fatigue, depression, anxiety and poor immunity.

**Valproic acid (Depacote)** depletes carnitine and folic acid. This could contribute to diabetes, depression and fatigue.

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Need more information? Contact Steve Willen, DC, Director of the Fibromyalgia Solutions Center of the Triad. Call him at 336-292-4900. See ad on page 14.
French Vegetable Soup with Sherried Mushrooms
Makes 9 cups - 8 servings
Vegan recipe if olive oil is substituted for the butter

Traditionally, creamy soups are thickened with a roux—a cooked mixture of flour and butter to which cream is added. However, when certain cooked vegetables, such as potatoes, are puréed, they can create a full-bodied creamy texture with a fraction of the calories and fat. And your blender will get the job done to perfection in seconds.

This soup is delicious on its own; but for an elegant touch, top the soup with Sherried Mushrooms and feathery fennel greens.

To Complete the Recipe
• 3 cups (about 3 oz) fresh stemmed and coarsely shredded fresh spinach
• Salt and freshly ground pepper to taste
• Sprigs of fennel fronds for garnish

Melt the butter in a Dutch oven over medium heat. Add the corn, potatoes, celery, carrot, onion, and fennel. Cook, stirring occasionally, until the vegetables are crisp-tender, about 10 minutes.

Add the stock, thyme, and bay leaves. Increase the heat to high and bring to a boil. Reduce the heat; cover and simmer until the vegetables are very tender, about 20 minutes.

While the soup is cooking, prepare the mushrooms. Heat the oil in a medium skillet over medium heat. Add the mushrooms, garlic, and paprika; cook, stirring occasionally, until the mushrooms are tender and lightly browned, about 8 minutes. Reduce the heat to low. Stir in the sherry and lemon juice; stir gently until the liquid is nearly evaporated, about 3 minutes. Remove from the heat and stir in the parsley. Season to taste. Cover to keep warm.

Remove the bay leaves from the soup. In several batches, purée the soup in a blender until smooth. Return the soup to the pan. Add more stock if needed. Add the spinach and simmer over medium heat until it is wilted, about 5 minutes. Season to taste.

Top each serving with the mushrooms and a sprig of fennel fronds.

Tip
What is labeled a “yam” at the supermarket most likely is an orange sweet potato. These have a dark, uniformly colored brown skin, a shape that tapers on both ends, and a bright orange flesh, and a sweet flavor when cooked. White sweet potatoes have a lighter, thinner skin, pale yellow flesh, and a less-sweet flavor. Store sweet potatoes in a cool, dry, dark, and well-ventilated place for up to 2 weeks; do not refrigerate.

Paulette Mitchell is known internationally for her healthy, quick-to-prepare recipes with a gourmet flair. She is the author of 12 cookbooks, is a culinary instructor, television personality and freelance food writer. Her cookbooks include The Spirited Vegetarian and A Beautiful Bowl of Soup, from which this recipe was taken.
Ids who are 6 to 12 years old need physical activity to build strength, coordination, confidence, and to lay the groundwork for a healthy lifestyle down the road. It’s also a time when kids gain more control over how active they are.

So it’s important to give your school-age child as many opportunities as possible to be active, and to make sure your child is involved in a variety of activities, sports, and games that are a good fit for his or her personality, ability, age, and interests. Brainstorm together and let your child choose the activities that feels right. Typically kids won’t mind a daily dose of fitness, as long as it’s fun.

The National Association for Sports and Physical Education recommends that school-age children:
- get 60 minutes or more of physical activity every day
- accumulate activity throughout the day which can broken down into bouts of 15 minutes or more
- avoid periods of inactivity of 2 hours or more

Fitness at Home

Many parents and kids think of organized sports when they think of fitness. Though there are many advantages to signing your child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals. In addition, parents can no longer rely on physical education in the schools to provide enough physical activity for children.

There are many ways to keep your kids moving at home.
- Incorporate physical activity into the daily routine. From household chores to an after dinner walk, keep your family active every day.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices.
- Keep a variety of games and sports equipment on hand - an assortment of balls, hula-hoops, and jump ropes, etc.
- Be active together. It’ll get you moving and kids love to play with their parents.
- Limit time spent in sedentary activities, such as watching TV, going online, and playing video games.

When you have exhausted the possibilities at home, take advantage of local playgrounds and athletic fields. Make family fitness outings part of your regular routine. Let family members choose an activity - go hiking, ice skating, or try-out the rock-climbing gym. Anything goes, as long as everyone can participate.

Part of helping your child commit to fitness includes being a positive role model by showing your child that exercise is important by regularly exercising on yourself.
Fitness for My Child

As you’re thinking about your child’s fitness, it’s important to keep in mind your child’s age and developmental level, natural abilities, and interests. Through physical activities, kids can learn about setting goals, meeting challenges, sportsmanship, teamwork, and the value of practice.

Between the ages of 6 and 8, kids are sharpening their basic physical skills like jumping, throwing, kicking, and catching. Some kids enjoy doing this in organized sports teams, but non-competitive leagues are the best choice for younger kids. Coaching your child’s team or cheering from the stands on game days are ways you can show your support.

Kids who are 9 to 12 years old are refining, improving, and coordinating their skills. It’s a time when a child’s commitment to a sport may be reaffirmed, while other kids may drop out as competition heats up and level of play improves. It’s okay if your child is not interested in traditional sports, but it’s important to find alternative ways to be active.

If your child doesn’t like soccer, basketball, or other team sports, explore other options and encourage your child to be creative. There are plenty of fun and challenging activities that your child might like more: karate, fencing, golf, bicycling, skateboarding, and tennis to name just a few.

I’m Concerned About My Child’s Fitness

If your child refuses to play or interact with peers, or complains of pain during activity, it’s a good idea to talk with your child’s doctor. Kids who participate in sports are at risk for injuries, so be sure your child wears the appropriate protective equipment, such as a helmet and protective pads when roller-blading.

A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be modified or adapted, and some may be too risky depending on your child’s condition. Consult your child’s doctor about which activities are safe for your child.

Kids who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can help improve self-esteem, help maintain a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease.

Provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids and teens. Visit www.KidsHealth.org.
When your body is out of shape and you need help getting fit, you hire a personal trainer. But, what do you do if other areas of your life are out of shape? One option that is becoming increasingly more popular is to shape up with the help of a life coach.

While some forms of coaching have been around for a long time—helping athletes, teams, and business professionals—life coaching is relatively new. Life Coaching is a partnership between a coach and a client that is formed to help the client improve his/her quality of life in some way. A life coach looks at the client’s whole life and helps assess all areas of it. The client is the one who decides which area(s) to focus on. Life coaches encourage their clients to look within themselves in order to generate possibilities and discover answers to their circumstances.

People have a tendency to define themselves with “what they do” and they don’t always understand “who they are”. It can be challenging, sometimes devastating, when “what you do” no longer exists. These are transitional periods of life, and life coaches are trained to be very helpful during these times.

Life coaches understand that people are “human beings” rather than “human doings”. They help their clients learn more about life and more about themselves by reflecting what they hear and offering the insight that they have. Clients examine how they spend their time and what they value. They come to know where they get their energy and where they lose it. Through this process of self-discovery clients gain clarity and realize what they really want in life.

Once clients have a better understanding of who they are and what they want, they can set better goals for themselves. The structure and accountability provided by the coaching process helps clients reach their goals faster. It is action oriented and it moves clients from where they are in life, to where they want to be. Life coaching helps people align their lives with their priorities. Operating under this type of alignment creates more balance and abundance in your life.

People decide to work with life coaches for a variety of reasons. It may be that they want to simplify their lives, improve their relationships, make better decisions or have a bigger impact in the world. Even business professionals are opting for life coaches because they are beginning to understand that in order to grow a business you must first grow yourself.

According to the International Coach Federation (ICF), the largest professional association for coaches worldwide, “the most important thing to look for in selecting a coach is someone with whom you feel you can easily relate and create the most powerful partnership.” The ICF also provides some questions you may want to ask prospective coaches:

- What is your coaching experience?
- What is your coach specific training?
- What is your coaching specialty or client areas you most often work in?
- What specialized skills or experience do you bring to your coaching?
- What is your specific process for coaching?

Is this the year that you will focus on fitness and get in shape, both inside and out? Get the help you need to make your resolutions a reality. Life is short, live it well.

Lucy Wellmaker, M.Ed. is a Life Coach. For a complimentary coaching session call 336-632-1940 or email coachw@lucywellmaker.com. For more information visit www.LucyWellmaker.com. See ad on page 13.
Sunday, January 1


Saturday, January 7

Free Tai Chi Introduction Led by Master San Gee Tam. 11:00 AM. This informative introduction class will leave you feeling more centered and clear and gives you an overview of the Tai Chi practice. Learn how to transform stress and tension into new vitality while achieving better focus. You will also learn how to increase your energy levels. This enjoyable, meditative exercise is suitable for any age and fitness level. For more on Tai Chi check our website: www.goldenflower.us/Golden Flower Tai Chi Center, 612 Trade Street, Arts District, downtown W-S. Tel: 336-727-1131.

Tuesday, January 10

Baby Signs* - Sign, Say and Play Classes. 11-11:45 AM. You and your baby will enjoy 6 weeks of signing, singing and movement that highlight important developmental skills. Classes are appropriate for babies ages 6 to 36 months. Enrollment includes the Sign, Say and Play tm kit filled with valuable Baby Signs* products. The registration cost is $140 per family. Six Tuesdays beginning January 10th. Space limited, contact Amy at 720-9487 or babysignswithamy@yahoo.com or Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Yoga for Men Session. 7:30-8:45 PM. This course will slowly guide you into a complete yoga practice. Yoga concepts and benefits along with your needs and issues will be discussed in the first class. A handout will be provided showing which yoga poses benefit specific sports. $72 per session. See web site for details or email Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Wednesday, January 11

Baby Signs* - Parent Workshop. 7-8:30 PM. You’ll learn everything you need to know to begin using the Baby Signs* Program with your baby. This one session is appropriate for expectant parents and parents of babies birth through 2 years. Enrollment includes the Parent Workshop kit with five helpful Baby Signs* resources. The registration cost is $55 per family. Space limited, contact Amy at 720-9487 or babysignswithamy@yahoo.com or Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Thursday, January 12

Yoga for Men II Session. 7:30-8:45 pm. For those who have attended Yoga for Men or have previous yoga experience. Building strength, stamina and flexibility while giving focus to different areas of the body in each class. $72 per session. See web site for details or email Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Friday, January 13

Anusara Yoga Workshop with Mark Stevens. 6-8 p.m. All levels are invited to attend and those who are new to Anusara Yoga will have the opportunity to experience a new way to open to Grace and Anusara students will deepen their practice with this Senior Anusara Teacher. The Yoga Gallery, 633 N. Trade St., Winston-Salem. 725-4119. www.yogagallery.net

Saturday, January 14

Celebration of Self with Mark Stevens. 9 am-12 noon. Anusara yoga workshop with a discussion of The Ramayana and focus on backbends and standing poses. 2:30-5:00 pm forward bends, pranayama and meditation. The Yoga Gallery, 633 N. Trade St., Winston-Salem. 725-4119. www.yogagallery.net.

Partner Yoga Workshop. 1-2:30 pm. Yoga means union. Develop greater trust, sensitivity and understanding as we sustain our partners with our presence, breath, and support through Partner Yoga. Most importantly, it is FUN! We laugh together as we strengthen and stretch the body! $25 per couple. See web site for details or email Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Sunday, January 15

Mini-Retreat: The Promise of Yoga...Fulfilled. 2-6 pm. Know how good you feel after a yoga class? Multiply that by 10. That’s the feel of this relaxing, rejuvenating yoga mini-retreat in a quiet wooded setting. Hatha, pranayama, restoratives, meditation= stress relief, intense renewal. $50. Holistic Yoga of NW Greensboro. 855-8018. valputney@aol.com

Journey of the Spirit-an exploration forum. 4-6 pm. Robin Lynne, BS, ALC-PC, Cht, a therapist, healer and teacher in the native American shamanic traditions: “The Calling Ceremony: Manifesting an Authentic Relationship with Your Soul Companions” Casual group discussion begins at 5pm with free water & soft drink. At TwoArtChicks gallery, 609 S. Elm St, downtown Greensboro. FREE admission & parking; gifting accepted. Visit us: www.triadJOS.net or Robin at www.flowereagle.com
Tuesday, January 17

Introduction to Aromatherapy. 6-8 pm. Interested in learning about Pure Essential Oils as well as gaining ‘hands on’ experience with creating oil blends? Please join us as we learn about the basics of aromatherapy and creating room and body sprays. Plan on taking your ‘creation’ and extensive hands-outs home with you! Instructor: Cheryl Laudenbacher, RN, MS. Will be held at C-Alternatives Aromatherapy in Greensboro. www. c-alternatives.com. Call 336-292-6846 for reservations and directions.

Baby Signs* - Parent Workshop. 7-8:30 pm. You’ll learn everything you need to know to begin using the Baby Signs* Program with your baby. This one time session is appropriate for expectant parents and parents of babies birth through 2 years. Enrollment includes the Parent Workshop kit with five helpful Baby Signs® Resources. The registration cost is $55 per family. Space limited, contact Amy at 720-9487 or babysignswithamy@yahoo.com or Cheryl at cnandres@familyyoga.org. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

AIMEE SHEPPARD, ND, MsOM, LAC.
Licensed Naturopathic Doctor (WA); Licensed Acupuncturist (NC); Master of Oriental Medicine

Bastyr graduate, trained for integration of alternative and conventional medical practices.

Specializing in acupuncture, nutrition, Naturopathic and Chinese physical and botanical therapeutics.

Triad Natural Health Center, LLC
214 E. Mountain St • Ste 101
Kernersville, NC
336.992.7773
NaturalTriad.com

Friday, January 20

Earth Fare’s Tea & Citrus Festival. Friday through Sunday. Tasting and sampling all weekend of delicious, exotic citrus and teas from around the world. Earth Fare, the Healthy Supermarket, 2965 Battleground Ave, Greensboro. 336-369-0190. Full calendar: www.earthfare.com

Saturday, January 21

Introduction to Aromatherapy. 10 am–12 noon. Interested in learning about Pure Essential Oils as well as gaining ‘hands on’ experience with creating oil blends? Please join us as we learn about the basics of aromatherapy and creating room and body sprays. Plan on taking your ‘creation’ and extensive hands-outs home with you! Instructor: Cheryl Laudenbacher, RN, MS. Will be held at C-Alternatives Aromatherapy in Greensboro. www. c-alternatives.com. Call 336-292-6846 for reservations and directions.

Nurturing the Pregnant Couple – Birth & Beyond. 1-4:30 pm Saturday and Sunday. An expectant couples workshop for the body, mind and spirit. This seven-hour intensive workshop focuses on massage and yoga techniques to benefit the expectant mother, her partner and their baby. $135.00 ($50.00 deposit required to hold space) Includes notebook of information covered in workshop). To register or for additional information call Cheryl @ 272-0005 or Tag @ 992-6135, see web site for details or email Cheryl at cnandres@familyyoga.org, Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.

Indigo Children: Who, What, and Why? 1:2-3:00 pm. Do you have children around you? Are you a schoolteacher, health professional, or child’s caregiver? Or do you relate to the typical descriptions of “Indigos”? Welcome all! Get current, practical & philosophical information about the basic who-what-and-why’s (and why-nots) of Indigos and the unusual thinking, living, special gifts & challenges they/we face. Margo Ross, Indigo Adult, Researcher, Mentor, practicing Life Coach & Reiki Master Teacher leads this interactive forum. Includes a recommended reading list, support websites, local supports, Q&A, and more. Class designed for ages 14 and over. Register at Eclectic By Nature 408 State Street, Greensboro 336-691-8023 or tavane@eclecticbynature.com. $20/person.


Friday, January 27

Indigo Evolution: A Documentary Film. 5:30-7:30 pm. Film at 6:05; length 80 minutes. Many people talk about a new type of human being coming into our world. They are described as being creative, eccentric, independent, acting as if they are “royalty,” impatient with the status quo, “system busters,” possessing a high degree of integrity and more. This documentary attempts to answer the question - Are these ‘Indigos’ only the fanciful notions of a few individuals embracing new-age, metaphysical beliefs, or is there real evidence that they truly do exist? Free parking at GSO Ballroom 4922 Mary St at Edwardia & Wendover, Greensboro. $10/person at door or pre-order www.networkthelight.net.

Saturday, January 28

Indigo Evolution: A Documentary Film & free tradeshow. 4-7:30 pm. Film at 6:05; length 80 minutes. This documentary attempts to answer the question - Are ‘Indigos’ only the fanciful notions of a few individuals embracing new-age, metaphysical beliefs, or is there real evidence that they truly do exist? Also, free admission to fun tradeshow of related local services and products! Free parking at GSO Ballroom 4922 Mary St at Edwardia & Wendover, Greensboro. $10/person at door or pre-order www.networkthelight.net.

Sunday, January 29

Indigo Evolution: A Documentary Film. 5:30-7:30pm. (See January 26 description) Free parking at GSO Ballroom 4922 Mary St at Edwardia & Wendover, Greensboro. $10/person at door or pre-order www.networkthelight.net.

Friday, February 10

Valentines Partner Yoga. 7-8:30 pm. Instead of that typical box of chocolate or bouquet of flowers, why not give your partner something that will last both of you a lot longer and truly make your relationship tastier: a partner yoga class! Develop greater trust, sensitivity and understanding as we sustain our partners with our presence, breath, and support through Partner Yoga. Most importantly, it is FUN! We laugh together as we strengthen and stretch the body! $25 per couple, Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005, www.familyyoga.org.
sunday

**Dynamic Flow.** 5-6:15 am. We connect the poses with the breath to keep the energy flowing. Must have yoga experience. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**How to Meditate.** 9-11:15 am. Discover the fountain of peace, joy, calmness and love in the center of your own being. Meditators enjoy improved health, peace of mind, clarity, and a host of other practical benefits. Six-week course: $48. Weekday classes on request. Holistic Yoga. 336-855-8018. ValPutney@aol.com

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Monday

**Pilates.** 9:30-10:45 am. Pilates is a method of physical and mental conditioning. This class stresses core muscle strength through a series of exercises performed on the floor to achieve a balanced body. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Yoga Play.** 9:30-10:45 am. A playful class for little ones while you attend your class. Ages 18 months to 4 years old. Bring your baby with you as you return to yoga. Enjoy class with baby to regain your strength and energy after childbirth. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Mom & Baby Yoga.** 11 am-12:15 pm. Bring your baby with you as you return to yoga. Enjoy class with baby to regain your strength and energy after childbirth. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Children’s Yoga.** 4-5 pm. A fun-filled class with yoga, music and movement. Children ages four to eight are welcome. **Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.**

**Mixed Level.** 4-5 pm. Work at your individual level as the teacher guides you through a hatha flow practice. Prior experience with yoga is necessary. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

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Tuesday

**Level 1 (Beginners) Yoga Classes.** 4-5:30 pm. Level 1 is designed to introduce students to the practice of Hatha Yoga. Students will learn the basic techniques of proper body alignment, breathing and relaxation. Other beginners classes: Mon. morning, Tues. evening, Wed. evening, Sat. morning, & Sun. afternoon. Sunrise Yoga Studio, 6000 Meadowbrook Mall Court, Suite 28, Clemmons; 778-1233. www.SunriseYoga.net

**Yoga for Fertility.** 6:00-7:15 pm. This class will focus on restorative poses, breathing, relaxation and yoga postures to release tension and bring increased circulation to the heart and reproductive system. Class size limited to maintain a nurturing and intimate atmosphere. Sign-up required. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005

**Intermediate Yoga.** 6-7:30 pm. For students with an understanding of basic yoga principles who are ready to expand their practice. You will receive personalized adjustments and attention while increasing your strength, stamina, and flexibility. Other Intermediate classes on Wed 6:00 pm, and Tues/Thurs 9:00 am. The Yoga Gallery, 633 N. Trade St., Winston-Salem. 725-4119. www.yogagallery.net

**Beginner Yoga.** 6:30-7:45 pm. A foundation class where you will learn basic yoga poses. Appropriate for those who are starting or re-entering their yoga practice. Discover how yoga can increase your flexibility and concentration. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Business Opportunity Meeting.** 7-8:30 pm. Learn about new natural health supplements, hazards from toxins in your environment, natural organic soy wax candles and more. Earn a fantastic income helping others while working on your own schedule. Funding America, Inc. 1721 S. Fayetteville St. Asheboro, NC 27205. www.fundingamericanow.com/ch1004 Ph. 336-302-6074.


**Yoga for Men.** 7:30-8:45 pm. A beginner introduction to yoga that runs over a 7 week class session. You will learn beginner poses, proper breathing and relaxation techniques that will be combined into a complete workout routine. Sign-Up required. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

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Wednesday

**Intermediate Yoga.** 9:30-10:45 am. (Also Thurs. 9:30 am) Yoga at a level for those who are familiar with traditional asanas (poses). Increase your strength, flexibility and concentration in this class. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Yoga for the Rest of Us.** 9:30-10:30 am & 3:30-4:30 pm. Gentle/Level I classes ideal for non-athletes and those with challenges. “The stiffer you are, the more you need it.” Emphasis on hatha, plus pranayama, gyan, meditation and relaxation. That’s Holistic Yoga. Reasonable cost. Small classes in quiet NW Greensboro studio. 855-8018; ValPutney@aol.com.

**Easy Does It Yoga.** 1-2:15 pm. A class designed for those desiring to work at a slower pace. No prior yoga experience necessary. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Pilates.** 4:30-5:45 am. Pilates is a method of physical and mental conditioning. This class stresses core muscle strength through a series of exercises performed on the floor to achieve a balanced body. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Prenatal Yoga.** 5:30 pm. This practice will help you to focus on and experience your pregnancy in a deeper way. It will help you maintain your health, and the breath work will prime you for labor and childbirth by training you to stay calm when you need it most. Yoga Gallery, 633 N. Trade St., Winston-Salem. 725-4119. www.yogagallery.net.

**Prenatal Yoga.** 6-7:15 pm. (Also Thurs. 6 pm) Prepare your mind & body for the challenges of pregnancy & labor. This class integrates Hatha and Kundalini yoga along with meditation & relaxation. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Reiki II Lessons.** 7-9 pm beg. Jan. 3 for 4 weeks. Must attend all 4 dates. $125/person ($99 for LEWA members & other discounts!). Pre-requisite: Reiki I cert. Illustrated manual, 4 attunements, sacred symbols & uses, 2 meditations, guided practice, Q&A, certification from Reiki Master Teacher Margo Ross. In GSO at teacher’s home. Register or questions: margo@indigogoansers.com or 336-314-0503 at www.indigogoansers.com

**Yoga for Men.** 7:30-8:45 pm. A beginner introduction to yoga that runs over a 7 week class session. You will learn beginner poses, proper breathing and relaxation techniques that will be combined into a complete workout routine. Sign-Up required. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

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Level 2 (Intermediate) Yoga. 7:35-9 pm. Classes introduce more challenging poses and refines those taught in Level 1. More detailed breathing techniques are also taught. Preparations for inversions are introduced. Students who have practiced yoga for 6 months or more may enroll. Also held Mon. evenings and Tues. mornings. Sunrise Yoga Studio, 6000 Meadowbrook Mall Court, Suite 28, Clemmons; 778-1233. www.SunriseYoga.net

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15-30 Minute Wellness Conference Call. 9 pm. Different topics each week. Great information, and we open the lines for questions. Sponsored by FundingAmerica, Inc. To get on the call dial (319-236-0200) and the pin # to enter the conference is: 1011692#. You may want to get on a few minutes early. For more info visit our website fundingamericanow.com/cb1004 or call (336) 302-6074.

**Wednesday**

**Prenatal Yoga.** 9:30-10:45am. Also Thursday, 6 pm. Prepare your mind & body for the challenges of pregnancy & labor. Class integrates Hatha & Kundalini yoga along with meditation/relaxation. Family Yoga, 1616 E Battleground Ave, GSO, 272-0005.

**Mom & Baby Yoga.** 11am-12:15pm. Bring your baby with you as you return to yoga. Enjoy class with baby to regain your strength & energy after childbirth. Family Yoga, 1616 E Battleground Ave, GSO, 272-0005.

**Easy Does It Yoga.** 5:45-7 pm. A class designed for those desiring to work at a slower pace. No prior yoga experience necessary. Family Yoga, 1616 E Battleground Ave, GSO, 272-0005.

**Intermediate Yoga.** 7:15-8:30pm. Also Thursday 9:30 am. Yoga at a level for those who are familiar with traditional asanas (poses). Increase your strength, flexibility & concentration in this class. Family Yoga, 1616 E Battleground Ave, GSO, 272-0005.

**Tai Chi** pushing hands and applications for internal power development 7:15-8:15PM. Pushing hands practice develops your vitality, flexibility and energy circulation. It is an excellent training to increase your strength and awareness. Pushing hands is a powerful internal martial art, effective for men and women. Find your inner power and spirit in enjoyable, non-competitive atmosphere, step-by-step. Taught by Master San Gee Tam. Golden Flower Tai Chi Center, 612 Trade Street, Winston-Salem, 725-1131

**Zen Meditation Group.** 7:30 pm.30 minute introduction, 30 minute meditation & 30 philosophy discussion. All are welcome & there is no charge for this group. The Yoga Gallery, 633 N. Trade St., Winston-Salem, 725-4119. www.yogagallery.net.

**Therapeutic Yoga.** 11am-12:15pm. Classes are developed for specific issues, needs & individuals with Autoimmune Diseases, such as, MS, Fibromyalgia, Chronic Fatigue Syndrome, Chronic Arthritis or Crohn’s Disease. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Easy Does It Yoga.** 1-2:15pm. Designed for those desiring to work at a slower pace. No prior experience with yoga is necessary. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Tahitian Noni International meeting.** Held the 2nd & 4th Thursday of each month at Panera Bread at the Cloverdale Shopping Center (Cloverdale Ave. & Miller St) in Winston-Salem. Everyone welcome. Held at Spirit House in Greensboro. 674-8008 for directions.

**Therapeutic Yoga.** 12 noon – 1:15 pm. For those individuals with special needs. Must contact Donna Phillips @ 336/643-1012 to Sign-Up. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Mixed Level.** 9:30 – 10:45 am. Work at your individual level as the teacher guides you through a hatha flow practice. Prior experience with yoga is necessary. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.

**Mommy & Me classes.** 10-11:15 am. For new mothers & their babies from 6 weeks old-crawling. Gentle yoga poses are taught to help you strengthen your body & relax your mind. You will regain the strength of abdominal & pelvic floor muscles, and develop inner & outer strength. Sunrise Yoga Studio, 6000 Meadowbrook Mall Court, Suite 28, Clemmons; 778-1233. www.SunriseYoga.net

**Therapeutic Yoga.** 12 noon – 1:15 pm. This is a higher level class that supports those individuals with special needs. Must contact Donna Phillips @ 336/643-1012 to Sign-Up. Family Yoga, 1616 E Battleground Ave, Greensboro, 272-0005.
vinyasa flow yoga. 9-10:30 am. a flow class with clear, concise and direct instructions that will challenge you physically, spiritually and emotionally in a light hearted and fun environment. all levels are invited to attend. the yoga gallery, 633 n. trade st., winston-salem. 725-4119. www.yogagallery.net

Beginner Tai Chi and Chi Gong class 9-10AM. This 10wk course will teach you foundations for Tai Chi step-by-step. 
Feel more relaxed and energized right from the beginning. You will learn how to center yourself, become more present, feel healthier and just have more zest for life. This meditative exercise is suitable for any age and fitness level. Golden Flowers, Tai Chi Center, 612 Trade Street, Winston-Salem, 727-1131

Yoga for Beginners. Two classes (9 am and 10:45 am) with therapeutics as needed. Introductory, step-by-step lessons for all ages & levels of fitness. Emphasis on hatha, plus pranayama, gya, meditation & relaxation. Holistic Yoga. Reasonable cost. Small classes in quiet NW Greensboro studio. 855-8018; ValPutney@aol.com.

Rolling® Structural Integration Discussion and Demo. First Saturday of the month. 10-11 am at Family Yoga, 1616 E Battleground Ave., Greensboro. Discussion includes an overview of Rolling, why it works, and structural assessment. Presented by Steve Green, Certified Rolfer. Please call Steve at 336.686.9000 to register. Registration is required. Free consultations are also available by appointment. For more information, RolfingGreensboro.com

Prenatal Yoga classes. 10:15-11:30 am. For expecting mothers who want to improve their quality of life and connect with the new life inside of them. No prior experience is necessary. Call or visit our website for more information. Sunrise Yoga Studio, 6000 Meadowbrook Mall Court, Suite 28, Clemmons; 778-1233. www.SunriseYoga.net

Intermediate Yoga. 10:30-11:45am. Yoga at a level for those who are familiar with traditional asanas (poses). Increase your strength, flexibility & concentration in this class. Family Yoga, 1616 E Battleground Ave, GSO, 272-0005.
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This advanced reflexology course teaches you how to give reflexology treatments to your partner, children, grandparents, and other family members. Learn how reflexology and the body work together to heal disease and to maintaining glowing health, along with giving and receiving reflexology treatments in class. This 2-day course will be held on Sundays, April 2 and April 30. For enrollment information, call with or email your name, address and telephone number.

REFLEXOLOGY II
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336-392-5180
reflexologycert@aol.com
Train to become a certified reflexologist. Classes for the 5-day NC Reflexology Certification Course will be held on Sundays, May 28, June 4, 11, 25, and July 16 in Greensboro. Class size is limited to 8 students. Enrollment is taken on a first-come, first-served basis. Call with or email your name, address and telephone number to receive an information and enrollment package.

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336-392-5180
reflexologycert@aol.com
Train to become a certified reflexologist. Classes for the 5-day NC Reflexology Certification Course will be held on Sundays, May 28, June 4, 11, 25, and July 16 in Greensboro. Class size is limited to 8 students. Enrollment is taken on a first-come, first-served basis. Call with or email your name, address and telephone number.

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633 N. Trade Street
336-725-4119, Winston-Salem
www.yogagallery.net

Yoga classes and private instruction in the downtown Winston-Salem Arts District for children thru seniors, all levels. Also, Prenatal Yoga, Nia and Meditation. See ad on page 26.

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This unique networking group meets monthly in both Winston-Salem and Greensboro. Currently, we are meeting the first Tuesday of each month at 11:30 AM in the Community Room at Earth Fare (Greensboro) and the third Tuesday of each month at 11:30 AM at The Naturopathic Clinic of North Carolina (Winston-Salem).

If you are in a health-related field (either service or product oriented) and are interested in joining us, please call us at 336-369-4170 for confirmation of location and time.

There is no charge to join these informal, yet informative meetings. This is an opportunity to meet your colleagues who share common healthy lifestyle goals and interests. The focus of these meetings mirror the focus of our magazine.
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